



IN MOTION

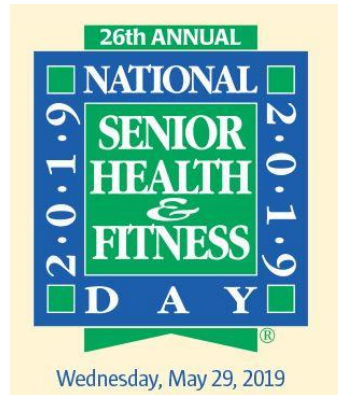
A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2019

WILLIAMS FAMILY Y | 10415 San Jose Boulevard, Jacksonville, FL 32257

LIVE & THRIVE WITH EXERCISE!

Your Healthy Aging Coordinator is working hard to bring you a day of exercise, lectures, and vendors in celebration of **National Senior Health & Fitness Day**. On Wednesday, May 29th Y's across Florida's First Coast will be **FREE to non-members Age 60 & Better**.



Invite friends and neighbors to enjoy fellowship and fun at the Y. See the **back of the branch newsletter** for your Y's program.

SATURDAYS ARE STILL SILVER



Calling all **Silver Sneakers and Renew Active Members!** Visit the Y on **Saturdays in May, AND a friend can accompany you for FREE**. Friends, enjoy all Y amenities! **To learn more visit the Welcome Center, or call 904.265.1775.**

Connie Smith, Healthy Aging Coordinator
P 904.292.1660 E csmith@FirstCoastYMCA.org

CONNECT WITH US
FirstCoastYMCA.org



GRANDPARENTS SPECIAL



Bring your grandkids with you to the Y during June, July and August for only \$30 extra per month. Grandkids can spend up to 2 hours each visit in KidZone. Look out for more information about how to upgrade during May.

CRUISE 2020



From April 20 - 24, 2020 join the Y for a 5 day/4 night cruise to **Nassau, Bahamas, and Royal Caribbean's Private Island**, on the newly refurbished **Mariner of the Seas**. Prices from \$610. **Open to non-members**. Bus included! To learn more and reserve your spot, call **Alice Brown** at **AAA Travel**, (904) 565-7722 ext. 336.

alicebrown@autoclubgroup.aaa.com

ONGOING EVENTS

WALKING CLUB

Monday @ 10:30am

CARDS 'N GAMES

Monday @ 10:00am
Wednesday @ 3:30pm

RUMMI CUBE

First and third Wednesday
@ 10:00am

KNITTING & CROCHETING

Tuesday, May 7th &
Tuesday, May 21st @
12:30pm

BIBLE STUDY

Friday @ 10:30am

NEW MEMBER

WELCOME RECEPTION

Tuesday, May 14th @
11:30am

COLOR ME CALM

Thursday, May 16th @
10:15am

YOUNG AT HEART

Monday, May 20th @
1:00pm

COFFEE KLATCH – Coffee by the pool

Thursday, May 24th @
10:00am

BOOK CLUB

Thursday, May 30th @
1:00pm – “*Next Year in
Havana*” by Chanel
Cleeton. Start reading
Where the Crawdads Sing
by Delia Owens for June.

PICKLEBALL SCHEDULE:

Monday 10:15-11:45am

Tuesday 5:30-11:45am

Wednesday 5:30-8:30am
& 1:00pm-3:30pm

Thursday 5:30-11:45am

Friday 10:00-2:30pm
Beginner Class – Fridays
9:30:00-11:00am

CLASS SCHEDULE

CIRCUIT EXPRESS

Monday & Wednesday
11:00am – 12:00pm

YOGA STRETCH

Monday & Wednesday,
12:15pm – 1:00pm

SILVER SNEAKERS CLASSIC

Tuesday & Thursday,
11:45am – 12:30pm

AOA TONE

Tuesday
6:00am - 6:45am

YOGA STRETCH

Tuesday & Thursday,
8:00am – 8:45am

AOA CARDIO SCULPT

Tuesday,
11:45am - 12:30pm

LINE DANCING

Wednesday,
1:15pm – 2:00pm

BEG LINE DANCING

Wednesday,
2:00pm – 2:45pm

AOA PILATES

Thursday
6:00am - 6:45am

BETTER BALANCE

Thursday,
11:00am – 11:30am

WATER FITNESS

Monday, Tuesday,
Wednesday, Thursday,
Friday, & Saturday
9:00am - 10:00am

Monday & Wednesday,
6:30pm – 7:15pm

TAI CHI

Thursday
11:45am – 12:30pm

SILVER SNEAKERS CARDIO

Friday
11:45am – 12:30pm

SOCIAL EVENTS

Y NOT LUNCH – Whole Foods – (10601 San Jose Blvd)

[Thursday, May 9th | 1:00pm](#) One lucky member will have their lunch paid for by the Y.

AETNA COOKING SERIES – Cinco De Mayo [Monday, May 13th |](#)

[1:00pm](#) Join us for a cooking demo, sponsored by AETNA **with Publix.**
FREE and open to non-members.

FUN IN THE SUN WITH THE JUMBO SHRIMP

[Wednesday, May 15th | Gates open at 10:30 - First Pitch 12:05pm](#)

Make a “Grand Slam” at the Jumbo Shrimps gam at the beautiful Baseball Grounds of Jacksonville. RSVP is required and tickets will be purchased in advance. Tickets include lunch with a drink. There is no cost to go to the game as this is part of the Jacksonville City’s events for seniors. **ONLY 20 Tickets Available.**

STEM CELL LUNCH N LEARN [Thursday, May 16th | 12:45pm](#)

Join Summit Integrative Health in an informative discussion on the healing power of stem cell therapy.

SMASH IN THE AFTERNOON [Tuesday, May 21st | 4:00pm](#)

Join your Y friends at SMASH (8206 Philips Hwy) Ping Pong Restaurant and Bar for an afternoon of Ping Pong.

BRAINFIT SERIES, PRESENTED BY Arbor Terrace – *Slow Down Memory Loss* [Thursday, May 23rd | 1:00pm](#)

Presented by experts from Arbor Terrace Assisted Living for Memory Loss. **Lunch included. FREE and open to non-members.**

NATIONAL SENIOR HEALTH & FITNESS DAY [Wednesday, May 29th | 8:00am to 1:30pm](#)

Make a move towards better health. Join us for some fun activities like Pool Volleyball, Pickelball and a Balance Obstacle Course. **Grab some freebies** and great information from the different vendors in the lobby. Check the schedule for activities at the Welcome Center.