



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2019

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

Presented by



HEALTHY BONES: FREE LUNCH AND LEARN

Tuesday, July 23 | 1:00 PM

VENUE: HUMANA BUILDING: 9965 San Jose Blvd.
Jacksonville, FL 32257

**FREE. OPEN TO ALL Y MEMBERS & NON-MEMBERS
LUNCH INCLUDED**

Healthy lifestyle habits helps to keep our bones strong. But, if we don't get the **right type of exercise, or eat right**, our bones get brittle or break, leading to lasting health problems. The good news is it's never too late to take care of your bones.



Learn about **bone disorders including osteoporosis**, if you're at risk, and what you can do to make your bones healthier at this lunch and learn with Island Doctors.

RSVP: at the YMCA Welcome Center, email cwatson-irving@fcymca.org, or register at <https://fcymca.org/programs/health-wellness/age-50-and-better/>

About Island Doctors. Island Doctors is a Medicare Advantage practice of primary care physicians, with 46 locations throughout Florida. Island Doctors **accepts traditional Medicare patients and Humana Gold** (Medicare Advantage Plan). Unlike most doctors, Island Doctors has same day walk-in visits and in-house medical screenings. To schedule a tour call: **(877) 434-4676.**

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

CONNECT WITH US
FirstCoastYMCA.org



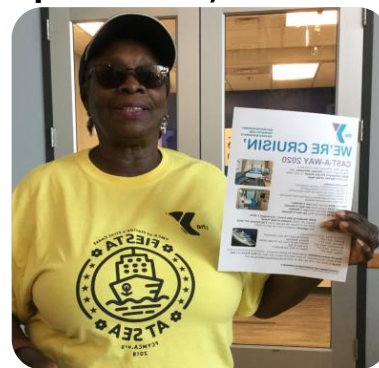
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Keep physically active and socially engaged during July and August by playing Y-I-GO!, the Y's version of wellness BINGO. Complete a variety of challenges and you could **win a \$50, \$150 or \$300 Publix Gift Card**. Pick up a **Y-I-GO!** card at the **Welcome Center through August 31st**. Speak to your Healthy Aging Coordinator about the rules.

CRUISE 2020

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 start at \$610. Deposit due August 7th. **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

RUMMI CUBE

First and third Wednesday @ 10:00am

KNITTING & CROCHETING

Tuesday, July 2nd & Tuesday, July 16th & Tuesday, July 30th @ 12:30pm

BIBLE STUDY

Every Friday @ 10:30am

NEW MEMBER

WELCOME RECEPTION

Wednesday, July 10th @ 10:30am

BOOK CLUB

Thursday, July 25th @ 1:00pm – “*A Gentleman in Moscow*” by Amor Towles. Start reading Month “*The Silent Patient*” by Alex Michaelides for August.

PICKLEBALL SCHEDULE:

Sunday

8:00am-10:00am

Monday

11:30am-2:00pm

Tuesday

5:30am-10:00am & 11:30am-2:00pm

Wednesday

5:30am-8:30am & 11:30am-2:00pm

Thursday

5:30am-10:00am & 11:30am-2:00pm

Friday

10:00am-2:30pm

Beginner Class – Fridays

9:30am-11:00am

**Hours will be modified the weeks of July 15th – 18th and July 22nd – 25th & Friday, July 26th

CLASS SCHEDULE

CIRCUIT EXPRESS

Monday & Wednesday 11:30am – 12:00pm

YOGA STRETCH (Chair Yoga)

Monday & Wednesday, 12:15pm – 1:00pm

Tuesday & Thursday, 8:00am – 8:45am

SILVER SNEAKERS CLASSIC

Tuesday & Thursday, 11:45am – 12:30pm

AOA TONE

Tuesday 6:00am – 6:45am

AOA CARDIO

SCULPT

Tuesday, 11:45am – 12:30pm

Thursday, 12:30pm – 1:15pm

**** New class**

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

STEM CELL LUNCH N LEARN [Tuesday, July 9th | 12:45pm](#)

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

HURRICANE PREPAREDNESS [Wednesday, July 10th | 1:00pm](#)

Join **First Alert Meteorologist, Garrett Bedenbaugh** for a discussion on Hurricane Preparedness.

Y NOT LUNCH – [Osaka Japanese Restaurant, 11701 San Jose Blvd](#)

[Thursday, July 11th | 1:00pm](#) One lucky member will have their lunch paid for by the Y.

AETNA COOKING SERIES – [Recipes for Hot Summer Days!](#)

[With Publix Aprons Cooking School Monday, July 15th | 1:00pm](#)

Join us for a cooking demo. **FREE and open to non-members.**

BRAINFIT SERIES, PRESENTED BY [Arbor Terrace – *Train the Brain:*](#)

[Sensory Therapies for Brain Health Thursday, July 18th | 1:00pm](#)

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

BONE HEALTH LUNCH & LEARN, PRESENTED BY [HUMANA & ISLAND](#)

[DOCTORS Tuesday, July 23rd | 1:00pm – Humana Building 9965 San](#)

[Jose Blvd.](#) Learn why bone health matters. **Lunch included. FREE and open to non-members.**

Y NOT HAVE A POTLUCK- [Friday, July 26th | 12:45pm](#)

Bring a dish to share with your Y friends. Bring your neighbors, grandkids and friends, as well, just remember to bring an extra dish for them. The Y will be cooking up ham sandwiches. Sign-up at the Welcome Center so we know how many are coming to plan for food.