



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2019

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



Presented by



Silver Sneakers & Renew Active members, keep physically active and socially engaged during June, 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** from **Wednesday May 29th** through **August 31st**. Speak to your Healthy Aging Coordinator about the rules.

Thank you to our Y-I-GO! sponsors Humana and Island Doctors. Island Doctors is a Medicare Advantage practice of primary care physicians, with 46 locations throughout Florida. Dr. Roy H. Hinman II founded Island Doctors over 25 years ago. Unlike most doctors, Island Doctors has same day walk-in visits and in-house medical screenings. Island Doctors accepts traditional Medicare patients and Humana Gold (Medicare Advantage Plan). To schedule a tour **phone (877) 434-4676** or **visit: IslandDoctors.com**.

Connie Smith, Healthy Aging Coordinator
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CONNECT WITH US
FirstCoastYMCA.org



BONE HEALTH LUNCH & LEARN

Join Humana and Island Doctors for a series of **FREE** lunch and learns throughout the summer. **Physicians** will present on **Bone Health** or **Bladder Health & Incontinence**. **Open to all membership types** and to **non-members**. The first Bone Health lunch and learn is at **Dye Clay Y on June 6th at 12:30pm**. To **RSVP call the Dye Clay Y: (904) 272-4304** or email cwatson-irving@fcymca.org.

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, June 4th &
Tuesday, June 18th @
12:30pm

BIBLE STUDY

Every Friday @ 10:30am

GO OVER THE NET FOR FUEL: Refreshments in the Gym

Friday, June 14th @
10:30am

SOAK UP THE SUN! Refreshments by the Pool

Wednesday, June 19th
@ 10:15am

PICKLEBALL SCHEDULE:

Monday 11:30am-
2:00pm

Tuesday 5:30-
10:00am

& 11:30am-2:00pm

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

Thursday 5:30-
10:00am

& 11:30am-2:00pm

Friday 10:00-2:30pm

Beginner Class –
Fridays

9:30am-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
**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

NEW MEMBER WELCOME RECEPTION

Tuesday, June 11th | 11:30am

Learn about all the offerings included in your Y membership.

COLOR ME CALM by the Pool **Wednesday, June 12th | 10:15am**

Join us for stress relief and adult coloring by the pool.

Y NOT LUNCH – ONE NIGHT TACO STAND– (9703 San Jose Blvd) **Thursday, June 13th | 1:00pm**

One lucky member will have their lunch paid for by the Y.

AETNA COOKING SERIES – Mocktails! With Publix Aprons

Monday, June 17th | 1:00pm

Join us for a cooking demo, sponsored by AETNA. **FREE and open to non-members.**

BOOK CLUB Thursday, June 20th | 1:00pm This month **“Where the Crawdads Sign”** by Delia Owens. Next Month **“A Gentleman in Moscow”** by Amor Towles.

BRAINFIT SERIES, PRESENTED BY Arbor Terrace – **The Mind Diet: Eat for Brain Health**

Thursday, June 21st | 1:00pm

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