



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2019

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



Age 60 & Better members who attend the YMCA 120 times between 1st October 2018 and 30th September 2019 are eligible to attend Cloud 9 2019, at the Jacksonville Zoo, on October 24th. Cloud 9 is the Y's annual celebration of our Age 60 & Better members. We honor their commitment to health and wellness. Eligible members will receive an invitation to Cloud 9 shortly after September 30th. Cloud 9 party-goers will enjoy food, awards, vendor give-a-ways, and a day out at the Jacksonville Zoo! Eligible members **RSVP at the Y Welcome Center from October 1st.**

BRAINFIT

Presented by: **Arbor Terrace**
ORTEGA • PONTE VEDRA • SAN JOSE
Assisted Living for Memory Loss
An Arbor Company Community

Join experts from Arbor Terrace each month for BrainFit. Learn tips for brain healthy living! September's topic is **Train the Brain: Name That Tune**. BrainFit is available at Brooks, Ponte Vedra, Winston and Williams Y's. **RSVP at the Welcome Center or at fcymca.org. Lunch included. FREE. Non-members welcome!**

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CONNECT WITH US
FirstCoastYMCA.org



IGNITE YOUR LIFE WITH A SPARK

SOCIAL CONNECTION • PURPOSE & PASSION • ACTIVITY • RECREATION • KNOWLEDGE

Spark is a group based, 6 week program, designed to help Age 50 & Better navigate midlife transitions and explore the next step of the journey. Available at the **Winston Y**; 221 Riverside Avenue, 32202. **Ph. 904.355.1436. Register at the Y Welcome Desk or at <https://fcymca.org/spark/>**

SAVE THE DATE HEALTH INSURANCE ROADSHOW



The 6th Annual Health Insurance Roadshow will roll into 4 Y's during October. Talk with different health insurance representatives about changes to Medicare in 2020, and understand options for health insurance. **Make sure your Silver Sneakers or Renew Active membership continues to be covered by your plan!** The Health Insurance Roadshow schedule is as follows:

- 10/14:** Williams, 11am-2pm,
- 10/15:** Winston, 11am-2pm,
- 10/16:** Brooks, 11am-2pm,
- 10/17:** Dye Clay, 11am-2pm.

CLASS SCHEDULE

AOA DANCE PARTY

Monday 8:00am – 8:45am

CIRCUIT EXPRESS

Monday & Wednesday
11:30am – 12:00pm

CHAIR YOGA

Monday 12:05pm – 12:45pm
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

BEG LINE DANCING

Wednesday,
1:15pm – 2:00pm

LINE DANCING

Wednesday, 2:00pm –
2:45pm

AOA PILATES

Thursday 6:00am - 6:45am

BETTER BALANCE

Thursday, 11:00am –
11:30am

TAI CHI

Thursday, 11:45am –
12:30pm

SILVER SNEAKERS CARDIO

Friday, 11:45am – 12:30pm

WATER FITNESS

Monday, Tuesday,
Wednesday, Thursday,
Friday, & Saturday
9:00am - 10:00am
Monday & Wednesday,
5:30pm – 6:15pm

SOCIAL EVENTS AND ONGOING EVENTS

Please visit the Welcome Center to register to let us know you are coming, at least 48 hours before the event. This will allow us to better prepare for the amount of food and goodies needed.

Y'S GUYS CIRCUIT TRAINING

Monday's from 2:30pm to 3:30pm – Starting September 10th
Join our circuit training class for our 50 & Better men.

Y NOT LUNCH –La Nopalera Mexican Restaurant 11112 San Jose Blvd [Thursday, September 12th | 1:00pm](#)

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

AETNA COOKING SERIES – *Simple Soup and Crock Pot*

[Monday, September 16th | 1:00pm](#)

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

BRAINFIT SERIES, PRESENTED BY Arbor Terrace – *Train the Brain: Name That Tune*

[Tuesday, September 17th | 1:00pm](#)

Presented by experts from Arbor Terrace Assisted Living for Memory Loss. Learn how music enhances brain function. *Lunch included.* **FREE and open to non-members.**

BOOK CLUB

[Thursday, September 26th | 1:00pm](#)

Join the Williams Book Club. Read the book, Kindle version or listen on Audible. This month we discuss "**What Alice Forgot**" by Liane Moriarty. Start reading "**Before We Were Yours**" by Lisa Wingate for October.

PICKLEBALL SCHEDULE:

Sunday

8:00am-10:00am

Monday

5:00am – 9:00am
& 10:15am-11:45am
& 1:15pm-3:00pm

Tuesday

5:00am-11:45am

Wednesday

5:00am-9:00am
& 1:15pm-3:00pm

Thursday

5:00am-11:45am

Friday

5:00am-2:30pm

[Beginner Class – Fridays](#)

[9:30am-11:00am](#)

ONGOING EVENTS

WALKING CLUB

Monday @ 10:30am

CARDS 'N GAMES

Monday @ 10:00am

RUMMI CUBE

First and third Wednesday @
10:00am

BIBLE STUDY

Every Friday @ 10:30am

NEW MEMBER WELCOME RECEPTION

Wednesday, September 18th @
11:30am

YOUNG AT HEART MEETING

Monday, September 23rd @ 1:00pm