



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2018

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202

CELEBRATE YOUR HEALTH

Join 100,000 adults in the US and Y's across Florida's First Coast on **Wednesday, May 30th** as we celebrate **National Senior Health & Fitness Day**. The goal of the day is to provide information and resources so people age 60 and better can stay active and healthy. Enjoy a day at the Y filled with exercise demonstrations, lectures, health screenings, vendors and more.



Invite friends, family and neighbors to this fun-filled day of activities! The member with the most guests will win a T-shirt. On May 30th, we are offering **FREE use of the Y** for those over the age of 60 who are not Y members. See your Healthy Aging Coordinator for details.



LET'S PLAY Y-I-GO!

Keep yourself fit and healthy during the Summer months by playing the Y's version of Wellness BINGO! Complete a variety of social, physical and mental activities during June, July and August and you could win our **Healthy Aging Y-I-GO Grand Prize!**

Y-I-GO cards will be available at Y branches in May. Read the upcoming May issue of *InMotion* for further details.

Fredda Renshaw, Healthy Aging Coordinator
P 904.355.1436 ext 1411 E freenshaw@FirstCoastYMCA.org

CONNECT WITH US
FirstCoastYMCA.org



SHIP AHOY



Join the Y on the Royal Caribbean's **Brilliance of the Seas**. From October 29 – November 3, we will cruise to Key West and Cozumel, Mexico. Departure and return is from Tampa. Cabins are **\$650 for Y Members** and **\$750 for Non-Members**. Rates include round-trip ground transportation, Pre-Cruise Party, Y T-shirt and onboard Cabin Crawl party. **BOOK BY APRIL 23** with Alice Brown of **AAA Travel**:
alicebrown@aaasouth.com
(904)565-7722 ext. 3360.

SATURDAY COOKING SERIES AT BROOKS

AETNA has added the **Brooks Y** as a fifth Y location for its' popular cooking series. Join **Chuy's Tex-Mex** on **Saturday April 21 at 10:00am – 11:30am**. **RSVP** at the Welcome Center, or email; cwatson-irving@fcymca.org. The series is **FREE** and open to the community. All ages are welcome to attend.

CLASS SCHEDULE

MONDAY

DEEP WATER FITNESS

8:30AM-9:30AM

SS CIRCUIT

9:00AM -9:45AM

SS CIRCUIT

10:30AM- 11:30AM

TUESDAY

GENTLE (ARTHRITIS)

AQUA

8:00AM-8:50AM

BOOM MOVE IT

8:30AM-9:00AM

WATER FITNESS

9:00AM-10:00AM

SS CIRCUIT CLASSIC

9:00AM-9:45AM

WEDNESDAY

DEEP WATER FITNESS

8:30AM-9:30AM

WATER FITNESS

10:00AM-10:50AM

BOOM MUSCLE & MOVE IT

9:00AM-9:45AM

SS CIRCUIT

10:30AM - 11:30AM

LINE DANCING

11:45AM-12:30PM

THURSDAY

GENTLE (ARTHRITIS)

AQUA

8:00AM-8:50AM

BOOM MOVE IT

8:30AM-9:00AM

SS CLASSIC

9:00AM-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

WALKING CLUB

9:00AM-11:00AM, THIRD FLOOR, INDOOR TRACK. JOIN IN AT ANYTIME

FRIDAY

WATER FITNESS

9:00AM-10:00AM

SS-CIRCUIT

9:00AM - 10:00AM

CARDIO DANCE

10:30AM-11:30AM

NOTICE: Please inform the front desk of any **change of address, phone numbers, or email.** Don't miss any great events by not updating your contact information.

Check in the Healthy Living Center for their April events calendar.

SOCIAL EVENTS

Wednesday, April 4

March Birthday Party, Pot Luck, and Presentation, 11:45am, Kitchen

Join us to celebrate March birthdays! Each person brings a dish to share. Sign-up in the Event book at the front desk.

Tuesday, April 10

BrainFit Series

Neuroplasticity: How to Retrain Your Brain and Change Unhealthy Habits

12:00pm | Kitchen

Do you have an unhealthy habit you'd like to break? You might want to change your eating, drinking, sleeping or exercise habits, or, break a cycle of negative thinking. This month, experts teach us how we can rewire our brain at any age to improve our physical and mental health. **Lunch is provided with RSVP.**

Sign-up in the Event Book at the front desk.



Tuesday, April 17: FREE

Lunch N Learn: Financial Fitness with AFEA Social Security Benefits

12:00pm-1:30pm, Kitchen. Lunch provided

Must sign up in Event book at the front desk.

Wednesday, April 18

Ladies Day | 2:00pm, Kitchen

Facials and much more! Finger Food Pot luck/each person brings a finger food to share. Sign-up in the Event book at the front desk.

Tuesday, April 24

Restaurant A GO-GO | Meet at restaurant at 12:00

Bread & Board, 1030 Oak Street, Jacksonville

Monday, April 23

Book Club | Conference room at 11:30am

Book of the month is "The Orphan's Tale", by Pam Jenoff. Sign-up in the Event book at the front desk.