



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2019

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

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**.

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

CONNECT WITH US
FirstCoastYMCA.org



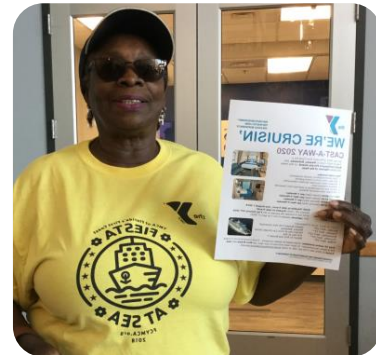
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Keep physically active and socially engaged during July and August by playing Y-I-GO!, the Y's version of wellness BINGO. Complete a variety of challenges and you could **win a \$50, \$150 or \$300 Publix Gift Card**. Pick up a **Y-I-GO!** card at 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.

CLASS SCHEDULE

MONDAY

DEEP WATER FITNESS

8:30AM-9:30AM

WATER FITNESS

10:00-10:50AM

SS CIRCUIT

9:00AM -9:45AM

SS CIRCUIT

10:30am- 10:45am

TUESDAY

AQUA YOGA

8:00-8:50

WATER FITNESS

9:00-10:00

SS CLASSIC

9:00-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

WEDNESDAY

DEEP WATER FITNESS

8:30AM-9:30AM

WATER FITNESS

9:00-10:50AM

SS CLASSIC

9:00AM-9:45AM

LINE DANCING

10:00AM - 10:45AM

THURSDAY

AQUA YOGA

8:00-8:50

SS CLASSIC

9:00AM-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

SILVER BARRE

12:15-12:45

FRIDAY

DEEP WATER FITNESS

8:30-9:30AM

SS-CIRCUIT

9:00AM - 10:00AM

LOW IMPACT DANCE

STUDIO A

10:35-11:35AM

Bowling

Thursday, July 25

1:15pm

Meet at 5310 Lenox Ave,
King Pins

SOCIAL EVENTS

4TH OF JULY PICNIC

Tuesday, July 2, 12:00pm, Kitchen

Each participant must bring a dish to share with other participants. Please indicate what you are bringing so we can have a balanced lunch. **Please minimize the desserts.**

The lunch will be only for those who brought a dish

There will be food, games and prizes!

VOLLEYBALL

Tuesday, July 9, 10:00am, Gym

BRAIN FIT BY ARBOR TERRACE

Tuesday, July 9, 12:00pm, Kitchen

"Train the Brain: Sensory Therapies"

Register at front desk and indicate in AOA Notebook that you have registered. Maximum participants 30.



BIRTHDAY PARTY. FREE.

Tuesday, July 16, 12:00pm, Kitchen

Sign up in the AOA Notebook

**REMINDER: TO THE WINNERS OF THE SKY BOX TICKETS
TO SEE JUMBO SHRIMP GAME**

Tuesday, July 16, First Pitch 12:00pm

BOOK CLUB

Monday, July 22, 11:00am, Conference Room

The new reading list will be in the AOA notebook

**PRESENTATION BY THE JACKSONVILLE HISTORIAN,
DOTTIE FLETCHER**

Wednesday, July 24, 11:00am, Kitchen

Bring you a snack or lunch

**Please check the Healthy Living Centers/ Baptist and
Florida Blue schedules for their monthly events**