



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2019

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



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**.

Fredda Renshaw, 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.

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

8:00AM - 8:50AM

WATER FITNESS

9:00AM - 10:00AM

SS CLASSIC

9:00AM -9:45AM

CHAIR YOGA

11:15AM - 12:00PM

WEDNESDAY

DEEP WATER FITNESS

8:30AM-9:30AM

WATER FITNESS

9:00AM -10:50AM

SS CLASSIC

9:00AM - 9:45AM

LINE DANCING

10:00AM - 10:45AM

THURSDAY

AQUA YOGA

8:00AM - :50AM

SS CLASSIC

9:00AM - 9:45AM

CHAIR YOGA

11:15AM - 12:00PM

SILVER BARRE

12:15PM-12:45PM

FRIDAY

DEEP WATER FITNESS

8:30AM - 9:30AM

SS CIRCUIT

9:00AM - 10:00AM

LOW IMPACT DANCE

STUDIO A

10:35AM-11:35AM

Please check the Healthy Living Center; Baptist Health and Florida Blue schedules for their monthly events

SOCIAL EVENTS

Elder Law Attorney Mr. Zack Altenbach Presentation

Tuesday, June 4, 11:00am, Kitchen

Lunch and interview Adults and Teens of the Y

Wednesday, June 5, 11:00am, Kitchen

Maxed reached

Restaurant A GO GO

Monday, June 10

Beach Diner, 1965 San Marco Blvd

Meet at 11:30am. Sign-up in the AOA Notebook

Beach ball -Volleyball

Tuesday, June 11, 10:00am in the Gym

BRAINFIT BY ARBOR TERRACE. MIND-DIET

Tuesday, June 11th, 12:00pm, Kitchen

Lunch included. Non-Members welcome.

Join experts from Arbor Terrace Memory Care, as they teach us about foods that improve brain health and combat cognitive decline.

"The Constitution" Presentation by Pam

Wednesday, June 12, 11:15am, Kitchen

Bring a snack or your lunch/ Sign up in AOA notebook

Pot Luck, Birthday Party and Raffle For Sky Box Tickets To Jumbo Shrimp Game In July/

Tuesday, June 18/ 12:00pm Kitchen

Project for the Homeless

Thursday, June 20, 10:00am, Kitchen

We have been collecting hat, sunglasses, and canned fruit since April. We will package items on this day

Donations still accepted.

Book Club

Monday, June 24, 11:00am, Conference Room

Book: Where the Crawdads Sing, by Delia Owens

Lunch and Learn by Camille Ott

Funeral and Cemetery Consultant from Hardage-Giddens

Wednesday, June 26, 11:00am, Kitchen

Join Camille Ott for a FREE lunch and learn. Non-members welcome.