



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

ARLINGTON FAMILY YMCA | 10131 Atlantic Boulevard | Jacksonville, FL 32225

BRAINFIT AT THE Y! PRESENTED BY



BROOKDALE
— SENIOR LIVING SOLUTIONS —

Mental fitness is just as important as physical fitness, and regardless of age the brain has immense capacity for growth. We are excited to help our members develop their mind/body connection by bringing you Brookdale's **BrainFit** program. The program will run for 12 months at 4 Y locations from 1st October (Brooks, Dye Clay, Williams and Winston). The first topic is "**Seven Foods to Feed the Brain**". Other interactive workshops include ways to boost wellbeing by calming the brain, the power of music to stimulate cognition, how to improve memory and mental dexterity. Dates and times are being confirmed.

Ready, Set...RACE!



The Y and AARP are partnering up to host the inaugural "All Ages Adventure" on November 4th.

Modeled on the "Amazing Race", the "All Ages Adventure" is a multi-generational team challenge. Teams of 6, representing decades from 30 years to age 80 and better, will participate in mental and physical challenges throughout downtown Jacksonville.

Get your team together to win over \$3,000 in prizes. Registration is only \$20 per person. Each person receives a backpack and t-shirt. **Register at the Welcome Center or online at firstcoastymca.org/all-ages**

For information, contact the Welcome Center, 904-744-2233.

CONNECT WITH US
FirstCoastYMCA.org



ACTIVE AGING WEEK

September 24th – 30th

This week long event celebrates aging and highlights the capabilities of our age 50 and better members. Speak to your Healthy Aging Coordinator about branch specific events.

SAVE THE DATE

4th Annual Health Insurance Roadshow presented by **Alignment Healthcare**

October 2nd – 5th

11:30am – 2:00pm

At Brooks Y, Dye Clay Y, Winston Y and Barco Newton Y.

LET'S CELEBRATE!



If you have visited the Y 108 times since October 2016, check your mailbox for an invitation to the **2nd annual Cloud9 Club Party** on **October 26th**. You will be treated to lunch, live entertainment and prizes! If you haven't got an invitation yet, keep swiping in at the Y throughout September, and you may become eligible to attend. RSVP to cwatsonirving@firstcoastymca.org

SOCIAL EVENTS

September Birthday Celebration

Wednesday September 20, 12:00pm



Out To Lunch Bunch

Friday September 29
12:30pm at Miller's Ale House, 9545 Regency Square Blvd, Jacksonville.



SILVER SNEAKERS REWARD CARD WINNER

Earn 9 punches on your Silver Rewards Card per month and you could win a prize! **August's winner was Theresa Florence!**



CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday, 11:45am
Tuesday, 10:30am & 11:30am
Wednesday, 9:30am
Thursday, 10:30am & 11:30am

ZUMBA GOLD

Monday & Wednesday, 10:30am

SUPERSILVER

Monday & Wednesday, 8:30am

SILVER SNEAKERS YOGA

Saturday, 10:30am

LINE DANCING

Monday & Thursday, 9:30am

G4L

Friday, 10:30am

YOGA

Monday & Thursday, 6:45pm
Tuesday, 9:00am

TAI CHI

Friday, 9:30am

Sally Corporation Tour

Thursday October 5, 12:00pm

Sign up at the Welcome Desk for a tour of the Robot Factory! Car pool from Arlington Y at 11:15am.



Zumbathon

Saturday, September 30
3:00pm – 5:00pm

Burn calories, enjoy an awesome workout and most importantly have fun at this special event. Bring the grandchildren!

\$10.00 per person.

Participants must be aged 5 years and over.

