



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2017

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

## SCHOOL IS IN FOR SUMMER



**“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.” — Henry Ford**

You can learn everything from digital photography to kayaking to self-defense. The Y has partnered with the University of North Florida Continuing Education/LEARN Jacksonville to offer fun and exciting enrichment classes at various Y locations. For your convenience, you can experience an array of classes at 6 Y locations.

A new class offered over the summer includes “Food for Life: The Cancer Project”. The class is for anyone who has or had cancer, at high risk for cancer or has a general interest in learning the correlation between nutrition and cancer.

Y members receive a **20% discount** on classes held at Y locations. Register at any Y or online at [FirstCoastYMCA.org/UNF](http://FirstCoastYMCA.org/UNF). Summer catalogs are also available at participating Y locations. Interested in teaching a class? Contact Valerie Murphy at [valerie.murphy@unf.edu](mailto:valerie.murphy@unf.edu) or (904) 620-4255.

**Micah Sartor, Program Facility Manager**  
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**CONNECT WITH US**  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## PRIZES AND PARTY



Over the age of 65, then we want to “card you”! Get your Silver Rewards card and every time you visit the Y, we will stamp your card. Each month that you turn in your card, you become eligible to win the annual grand prize from Black Hog Farms. And in October, you are invited to join us for the **CLOUD 9 PARTY** to celebrate your success.

## GRANDS AT THE Y



For only \$30 per month, **bring your grandkids** with you to the Y. Enjoy your workouts while your grands spend up to 2 hours each visit in our KidZone learning, growing and letting their imaginations soar!

## SOCIAL EVENTS

### OUT-TO-LUNCH BUNCH

**Friday, June 30 | 12:30**

Enjoy the monthly lunch bunch for dining and laughs at area restaurants.

**May:** Chilli's

935 Atlantic Blvd

### SILVER REWARD

#### WINNER FOR

**May is Elaine**

**Faloon.** She won a gift card to Walmart!

### JUNE BIRTHDAY CELEBRATION

**Wednesday, June 21  
12 Noon**

If you were born in the month of June, then come and party with the Arlington Y family.

### ARLINGTON PARTNER

Visit the **Alignment Healthcare Representative, Scott Stanton** in the lobby to answer any of your healthcare insurance questions.

## CLASS SCHEDULE

### ZUMBA GOLD

Monday 10:00 am

Wednesday 10:00 am

### GENTLE YOGA

Tuesday/Thursday 9:00 am

### SILVERSNEAKERS CLASSIC

Tuesday/Thursday 10:30 am

Monday/Tuesday/Thursday  
11:30 am

Wednesday 11:00 am

### YOGA

Monday - Thursday

7 pm

### BALLROOM DANCE LESSON

Thursday 11:00 am

### LINE DANCE

Monday 9:00 am

Thursday 10:00 am

### SILVERSNEAKERS YOGA

Friday 11:00/Saturday 10:30 am

### TAI CHI

Friday 9:00 am

### ENHANCED FITNESS

8:30 am - 9:30 am

Monday

Wednesday

Friday

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## ALIGNMENT HEALTHCARE PRESENTS 12-MONTH PREVENTION SERIES

Thanks to a sponsorship by Alignment Healthcare, the Arlington Y was selected to host a 12-month education series about the prevention of the most common chronic diseases. The FREE presentations are conducted by area experts and include lunch.

### June Topic: Arthritis Relief

Wednesday, June 28, 12 p.m.

Join the team and partners with Regional Medical Director / Alignment Healthcare for this informative session on tips and techniques to relieve the most painful arthritis conditions. The event is free and lunch is provided. Sponsored by ALIGNMENT HEALTHCARE

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## FATHER'S DAY POOL PARTY AND

**Friday, June 16**

**9 am Water Aerobics**

**10:30 am Party & Potluck**

In honor of Father's Day, join us after the water aerobics class for some food, fun and laughs.

What's your favorite "father story" to tell? Feel free to bring copies of your potluck recipe to share.