



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218

BRAINFIT AT THE Y! PRESENTED BY



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**

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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

CLASS SCHEDULE

MONDAY

1 5:45 am Cycle
8:00 am Yoga
8:30 am Cycle
9:15 am BodyPump
10:30 am SilverSneakers

TUESDAY

5:30 am BodyPump Exp
6:00 am Cycle
9:00 am Cardio Blast
10:30 am SilverSneakers

WEDNESDAY

5:45 am Cycle
8:00 am Line Dance
8:30 am Cycle
9:15 am BodyPump
9:30 am Yoga
10:30 am SilverSneakers

THURSDAY

6:00 am Cycle
9:00 am Cardio Blast
10:30 am SilverSneakers
11:30 am Zumba
2:00 pm Line Dance

FRIDAY

9:15 am BodyPump Exp
9:30 am Yoga
10:00 am Zumba
11:00 am SilverSneakers

SATURDAY

8:00 am SilverSneakers
Yoga
9:00 am BodyPump
10:00 am BodyCombat
11:15 am CORE
11:00 am Zumba

**Please visit the
Welcome Center for a
full list of classes and
descriptions.**

BIRTHDAY SOCIAL

**Thursday,
September 7,
12:30 pm**

Join us as we gather to celebrate all our September birthdays. Sweet treats will be provided as we sing "Happy Birthday!" and enjoy this time of fellowship. Hope to see you there!



ASK THE EXPERT: HOW TO GET YOUR 7- 9 FRUITS AND VEGETABLES

**Tuesday,
September 12,
11:30 am**

Join our Registered Dietitian, Michele Manzie as she imparts her knowledge about how to get that important daily serving of fruits



YOU ASKED FOR IT, WE BROUGHT IT TO YOU! BINGO!

**Thursday,
September 21,
12:30 pm**

Join us for Bingo designed for fun, but will also keep your brain healthy and clear. No stress! Just a fun way to keep us in tip top shape from head to toe.

