



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | Fleming Island, FL 32003

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**

Ellie Wainwright, Healthy Aging Coordinator
P (904) 278-9622 E ewainwright@firstcoastymca.org

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

LUNCH BUNCH GROUP O'Charleys

Friday, Sept 8

11:30am

Bring a friend and meet a new one.

WALKING CLUB

Every Tuesday

beginning Sept 19

9:00am

NATIONAL WOMEN'S HEALTH AND FITNESS DAY

Wednesday, Sept 26

POTLUCK LUNCHEON

Wednesday, Sept 26

12:00pm



FOREVER FIT 50 & BEYOND:

JACKSONVILLE SENIOR GAMES

Opening Ceremonies

Friday, Sept 29

11:00am, Metro Park



CLASS SCHEDULE

AOA CARDIO

Tuesday, 11:15am

AOA STRENGTH

Thursday, 11:15am

AQUA FITNESS

Monday/Wednesday/Friday/

Saturday, 10:00am

Tuesday/Thursday, 6:30pm

CHAIR PILATES

Wednesday, 10:00am

GENTLE YOGA

Tuesday, 11:00am

Friday, 8:00am

LINE DANCING

Wednesday, 10:00am

SILVERSNEAKERS CLASSIC

Monday/Thursday, 10:00am

SILVERSNEAKERS CIRCUIT

Tuesday/Friday, 10:00am

SILVERSNEAKERS YOGA

Monday/Wednesday, 11:00am

ZUMBA GOLD

Tuesday/Thursday, 10:15am

PICKLEBALL OPEN COURT

Tuesday/Thursday/Friday

11:00am – 2:00pm

LUNCH BUNCH GROUP

Friday, Sept 8, 11:30am

Join friends on the second Friday of every month for an offsite luncheon. September's restaurant is O'Charleys in Fleming Island. RSVP at the Welcome Center so we can call ahead. If you have a favorite restaurant you'd like us to visit for Lunch Bunch Group please let me know!

ACTIVE AGING WEEK

Sept 24 – 30, Barco Newton Y

You can be active at ANY age. Just ask our local Centenarian, Art Singleton, who just started coming to the Y 3 years ago when he was just 97 years young!

POTLUCK LUNCHEON

Wednesday, Sept 26, 12:00pm

Celebrate the end of summer in your favorite grass skirt or flowery shirt. Sign up at the Welcome Center and note which of your favorite salads or potato toppings you will bring. Potatoes and drinks will be provided based on number of RSVPS, so please sign up.

COMING UP IN OCTOBER

Ladies Night, Oct 10, 6:00pm – 8:00pm

Making Strides Against Breast Cancer 5K, date tba