



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2018

DYE CLAY YMCA | 3322 Moody Avenue | Orange Park, FL 32065

PLAY Y-I-GO! YOU COULD WIN A GRAND PRIZE VALUED OVER \$1,000!



Presented by

Keep yourself fit and healthy during the summer months by playing the Y's version of Wellness BINGO! Complete a variety of social, physical and mental activities during June, July and August and you could win our **Y-I-GO! Grand Prize**. Pick up your **Y-I-GO!** card from your Y branch the week of **May 28TH**. Speak to your Healthy Aging Coordinator about the details and rules. The grand prize will be announced in June's *InMotion* Newsletter.

ON MAY 30th NON-MEMBERS AGE 60 & BETTER CAN USE THE Y FOR FREE

Your Healthy Aging Coordinator is working hard to bring you a day of exercise demonstrations, lectures, and vendors in celebration of **National Senior Health & Fitness Day**. On Wednesday, May 30th Y's across Florida's First Coast will be open **FREE** of charge for non-members age 60 and better. Invite friends and neighbors to enjoy the fellowship at the Y. See the **back of your branch's newsletter** for the program of events.



Kristi Schermerhorn, Healthy Aging Coordinator
P 904.272.4304 E kschermerhorn@firstcoastymca.org

NOW AT THE BROOKS and DYE CLAY Y!

The AETNA Lifestyle Cooking Series is now offered at the Brooks Y on Saturdays and at the Dye Clay Y. During May chefs from Chuy's Tex-Mex will demonstrate **"Recipes That Help You Stay Active"**.

The cooking series is **FREE** and open to the community. Join us at the Dye Clay Y on **Thursday May 10**; 12:30pm – 2:00pm, or at Brooks Y on **Saturday May 19**; 10:00am – 11:30am. Visit firstcoastymca.org for other class dates and locations.

Y MEMBERS! GET 20% OFF UNF CLASSES

Creative Mosaic, Practical Self-Defense, How to Use Your Smartphone Video Camera, and Beginner Digital Photography classes are being offered by UNF instructors at Brooks Y and Winston Y. Members receive 20% off classes at these locations. Sign up at the Y or at www.firstcoastymca.org/unf

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SOCIAL EVENTS

KNITTING & CROCHETING

Every Wednesday & Friday, 9:00AM

Conference Room.
Beginners welcome.

PICKLEBALL

Every Monday, Wednesday & Friday,
12:00PM – 2:00PM
Fridays are learn to play clinics!

PRAYER GROUP

Every Tuesday, 11:00AM,
Conference Room.

CULTURE CLUB "Holland"

Thursday, May 31st
12:00 PM, Studio B

Join us for this 30 minute DVD presentation. We'll also sample food from Holland and draw for door prizes. Please sign up as seating is limited!

MOVIE MATINEE

Thursday, May 17th
12:00 PM, Studio B
"Same Kind of Different as Me"

Popcorn, water and sweet provided!

LUNCH BUNCH GROUP

Friday, May 18th
12:30 PM

Tom and Betty's
2134 Park Avenue
Orange Park, FL 32073



CLASS SCHEDULE

BETTER BALANCE

TUESDAY, 11:00AM

SILVERSNEAKERS CIRCUIT

MONDAY & WEDNESDAY,
10:45 AM

SILVERSNEAKERS CLASSIC

TUESDAY/THURSDAY, 10:00 AM
FRI 10:30 AM

SILVERSNEAKERS YOGA

MONDAY, 11:30AM
WEDNESDAY & FRIDAY, 11:30 AM

ZUMBA GOLD

MONDAY, 10:30 AM
FRIDAY, 9:30AM

GENTLE YOGA

Wednesday, 9:15 AM

LINE DANCING

THURSDAY, 11:00 AM

TAI CHI

MONDAY, 11:30 AM
BEGINNING MAY 9TH:
WEDNESDAY, 10:30 AM

BRAINFIT: The MIND Diet; Brain Healthy Foods a Person Should Eat and Unhealthy Foods To Avoid

With Cari Eyre from the Alzheimer's Association;
Tuesday, May 15th at 12:00 PM, Teen Center

The **MIND DIET** reduces the risk of developing Alzheimers disease by as much as 53 % and helps to slow the rate of cognitive decline. Learn which fruits, vegetables, meats, grains and dairy to eat and which to avoid to keep you BRAINFIT.

Please sign up at the 50 & Better table in the lobby!

NATIONAL SENIOR HEALTH & FITNESS DAY 2018

Wednesday, May 30th 9:00 – 2:00 PM

Come visit vendors for giveaways, a healthy cooking demonstration, free health screenings and the **World's Largest Silver Sneakers Class!** Don't miss out on a day of information and fun!



"Active Today...Healthier Tomorrow!"

AETNA Lifestyle Cooking Series. FREE

You Are What You Eat: Recipes to Help You Stay Active
Thursday, May 10th at 12:30 PM, Teen Center

Would you like to learn how to cook delicious recipes that help you stay physically fit, active and energized? Join **Chuy's Tex-Mex** as their chefs demonstrate how to make nutritious dishes. Please sign up at the 50 & Better table in the lobby. **Guests welcome.**

50 & Better Monthly Luncheon

Friday, May 11th, 12:30 PM, Teen Center

It's Luau time! Get ready to limbo and hula your afternoon away! We'll enjoy hamburgers and hotdogs. Bring a friend and a dish to share and join us for fellowship, and door prizes! Sign-up at the age 50 & Better table in the lobby and don't forget to tell us what dish you will bring! Stay and play BINGO!