



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

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

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**

Kristi Schermerhorn, Healthy Aging Coordinator
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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

SOCIAL EVENTS

KNITTING & CROCHETING

Every Wednesday & Friday, 9:00AM, Conference Room. Beginners welcome.

PICKLEBALL

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

PRAYER GROUP

Every Tuesday, 11:00AM
Conference Room

LUNCH BUNCH GROUP

Thursday,
September 29, 12:30PM
Salsas of Middleburg,
2574 County Road 220
Middleburg, FL 32068

MOVIE MATINEE "August Rush"

Thursday,
September 21, 12:00PM
Popcorn, water and a sweet provided!

CULTURE CLUB "ISRAEL"

Thursday,
September 14, 12:00PM
Join us for this 30 minute DVD presentation. We'll sample food from Israel and draw for door prizes. Sign up as seating is limited!

2ND ANNUAL 50 & BETTER SILENT AUCTION: OCTOBER

We will be asking for donations from members for the upcoming auction!

CLASS SCHEDULE

BETTER BALANCE

TUESDAY, 11:00AM

SILVERSNEAKERS CIRCUIT

MONDAY & WEDNESDAY,
10:45AM

MIDDLEBURG CLASS

SILVERSNEAKERS CLASSIC
TUESDAY & THURSDAY,
9:00AM

LINE DANCING

THURSDAY, 11:00AM

SILVERSNEAKERS CLASSIC

TUE/THUR 10:00AM
FRI 10:30AM

SILVERSNEAKERS YOGA

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

SILVER SNEAKERS SPLASH

MONDAY & WEDNESDAY,
9:30AM

ZUMBA GOLD

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

AQUA FITNESS

MONDAY & WEDNESDAY,
6:30PM
SATURDAY, 10:15AM

AQUA FITNESS (DEEP)

FRIDAY, 9:30AM

50 & BETTER MONTHLY LUNCHEON

Friday, September 8, 12:30 PM, Teen Center

Salad Bar Luncheon with different kinds of greens (some from our garden tower), meat toppings and all the salad fixings you can imagine! Bring some of your most interesting salads or desserts to share! Sign up at the 50 & Better table in the lobby.

National Women's Health & Fitness Day

Wednesday,
September 27

Special demonstrations including yoga, cooking and health screenings will be available! Detailed schedule to follow!



September 24 – 30

Active Aging Week was initiated by the International Council of Active Aging to celebrate aging and to promote the benefits of a healthy lifestyle on a national scale. We will offer group activities such as group walk (weather permitting), group exercise classes and special activities. Schedule to follow!

