



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2017

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

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. Summer catalogs are also available at participating Y locations. Interested in teaching a class? Contact Valerie Murphy at valerie.murphy@unf.edu or (904) 620-4255.

Kristi Schermerhorn, Healthy Aging Coordinator
P (904) 272-4304 E kschermerhorn@firstcoastymca.org

CONNECT WITH US
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

KNITTING & CROCHETING

Every Wed/Fri 9 AM
Conference room
Beginners welcome

PICKLEBALL

Every Mon/Wed/Fri
12 PM – 2 PM
Fridays are clinics to learn to play!

PRAYER GROUP

Every Tuesday
At 11:00 in Conf. Room

MAMA MIA AT THE THRASHER-HORNE

Thursday, June 20th
7:30 pm



Come enjoy the Farewell Tour of this amazing musical! The ultimate “feel good” show!
Cost: TBD
Please sign up in the white binder in the lobby!

LUNCH BUNCH GROUP

Friday, June 9th
12:30 pm

Come to the launch of the new Dye Clay YMCA 50 & Better Lunch Bunch! Once a month we will travel to some of the best hidden local spots!

June Restaurant

Nicole’s on the River
1101 Blanding Blvd
Orange Park, FL 32065

CLASS SCHEDULE

BETTER BALANCE

TUE 11 AM

SILVERSNEAKERS CIRCUIT

MON/WED 10:45 AM

MIDDLEBURG CLASS

SILVERSNEAKERS CLASSIC

TUE/THUR 9 AM

LINE DANCING

Thurs 11 AM

SILVERSNEAKERS CLASSIC

TUE/THUR 10:00 AM

SILVERSNEAKERS YOGA

MON 11:30 AM
WED/FRI 11:30 AM

ZUMBA GOLD

MON 10:30 AM
FRI 9:30 AM

AQUA FITNESS

SAT 10:15 AM

Beginning Week of June 5th:

SILVER SNEAKERS SPLASH

MON/WED 9:30 AM

Beginning June 14th:

AQUA FITNESS

MON/WED 6:30 PM

ALIGNMENT HEALTHCARE PREVENTION

SERIES: “Arthritis Pain”

Tuesday, June 6th

12:00 - 1:30 pm Teen Center

More than 50 million adults have doctor-diagnosed arthritis. That’s 1 in 5 people over age 18. The most common type of arthritis is osteoarthritis, which affects an estimated 31 million Americans. Arthritis is the nation’s No. 1 cause of disability.

Join Dr. Michael Edwards as he discusses the symptoms, stages and treatments of arthritis. Light lunch and beverages will be served. Please sign up in the binder in the lobby!

WELLNESS CHALLENGE FOR JUNE

Launch Date: Wednesday, May 31st

Wellness Challenge for our 50 & Better for the month of June! We are challenging you to participate in this mind and body challenge. Details will be available at the welcome table during the National Senior Health and Fitness Day! Be the first to sign up! Amazing prize goes to the winner!

