



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2017

FLAGLER CENTER FAMILY YMCA | 12735 Gran Bay Parkway, Suite 201 | Jacksonville, FL 32258

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.

Felina Martin, Branch Executive

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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!

BROWNN BAG BOOK CLUB!

The **second Friday of each month** join us for a Book Club discussion at 12:30pm! Each month we will select a book and meet to discuss.

The next meeting will be June 9th. Bring a Brown Bag lunch to eat during the discussion. June Book: The Underground Railroad by Colson Whitehead (An Oprah Pick)

LEARN SPANISH!

Mondays at 12:30 in the large conference room.

Y member, **Aida Sarria** has volunteered to teach a free conversational Spanish class.

Please sign up in the SS Information book if you want to participate.

GRANDKIDS FOR THE SUMMER?

Don't stop your fitness and fun routine at the Y because you have the grandkids for the Summer.

For **only \$30 per month**, your grandkids can enjoy the Kidzone for up to 2 hours per day while you are taking your exercise class. Visit the Welcome Center for more information.

CLASS SCHEDULE

AOA DANCE

Monday, 10:15 am

AOA Stretch & Tone

Monday, 11:15 am

SILVER SNEAKERS STABILITY

Monday, 11:15 am

SILVER SNEAKERS CLASSIC

Tuesday, 10:30 am

CHAIR YOGA

Wednesday, 11:30 am

Line Dancing

Thursday, 11:30am

SILVER SNEAKERS CLASSIC

Friday, 11:30 am

Try something new!

Barre Fusion

Wednesday, 9:15 am

Pilates

Friday, 11:30 am

NEW EDUCATION CLASS BY UNF AT ARLINGTON! FOOD FOR LIFE: The Cancer Project

July 25th – August 22nd | 6 pm – 8 pm | Conference Room

Explore how a diet rich in vegetables, fruits, whole grains & legumes can help you fight cancer or increase your chances of survival. Come learn how you can enhance your health and fight chronic disease while supporting your overall wellness goals with simple steps in the kitchen. This course is for anyone who currently has cancer, had it previously, is at high risk or has a general interest in learning more about the correlation between nutrition and cancer. The class is only \$87.50 per member (\$109 for non-members). Register online at FirstCoastYMCA.org/UNF

CHAT AND CHEW SALAD BAR POTLUCK

Thursday, June 8th at 12:30 PM

Join our **Master Gardener and "Garden Bug", Eleanor Perry** as she teaches you how to harvest a Grow Tower and the various lettuce that the tower produces. We will enjoy her presentation and salad bar potluck. Please sign up for the topping(s) that you plan to share at the Welcome Center.

