



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

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

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**

Felina Martin, Branch Executive

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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

HAPPY HOUR

Thursday, Sept. 21

6 pm – 8 pm

Starting in September, join "Girls Run It" DJ and Y members for 2 hours of mocktails, music and mingling.

LEARN SPANISH!

Starting **September 11th**,

Y member, **Aida**, has volunteered to teach a free conversational Spanish class. Every **Monday at 12:30** in the large conference room, join us for a one hour session of Espanol.

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.

1st FRIDAY AT FLAGLER

Friday, October 6
9 AM – 1 PM

Once a month, you can enjoy some convenient services at the Y. From massages to shopping to car detailing.

VOLUNTEERS NEEDED!

FLAGLERAMA 5K and MashUP

Saturday, October 7
8 AM – 12 Noon
Flagler Y

Visit the Welcome Center desk for more information.

CLASS SCHEDULE

AOA DANCE

Monday, 10:30 am

AOA Stretch & Tone

Monday, 11:15 am

SILVER SNEAKERS STABILITY

Monday, 11:45 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, 9:30 am

BODYFLOW

Wednesday, 10:30 am

Pilates

Friday, 11:30 am

8-WEEK WEIGHT LOSS SUPPORT GROUP

Prepare for the Holiday Season with support!

The 8-week Weight Loss Support Program is a weekly support group led by a health and wellness coach. Each weekly support session is designed to assist members in reaching their weight loss goals. Sessions are held once/week for one hour for 8 consecutive weeks, with a different topic of focus each week from healthy eating to activity to sleep. Class is limited to 15 people. Registration is only \$80 for the 8-week series.

GROUP I: Monday, September 11 – Monday, October 30
11:30 AM – 12:30 PM

GROUP II: Monday, September 11 – Monday, October 30
5:30 PM – 6:30 PM

CHAT AND CHEW SALAD BAR POTLUCK

Thursday, September 7th at 12:30 PM

Enjoy lettuce from the Grow Tower and great conversation with other members during our monthly Chat and Chew Salad Bar Potluck. Please sign up for the topping(s) that you plan to share at the Welcome Center.

