



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209

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**

Wanetta Sky Newbill, 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

WEEKLY SOCIAL EVENTS

LINE DANCING

Every Tuesday, Friday
9:00 am

BIBLE STUDY

Every Thursday
9:00 am

COLOR YOURSELF CALM

Every Tuesday
8:00 am

COMPUTER BASICS 101

Every Tuesday
11:00 am

NEW MEMBER WELCOME RECEPTION

**Thursday, September 21
12:00 pm**

Meet other members and learn how to use the Wellness Floor equipment.

SEPTEMBER BIRTHDAY SOCIAL

**Friday, September 29
12:00 pm**

Were you born in September? Then join us in celebration of your birthday! Sign up at the Welcome Center for more details.

100 GRANDMAS AND GRANDPAS SOCIAL

**Thursday, September 21
11:00 am**

Activities, Lectures, Information waiting for you! Join 100 grandmas and Grandpas social group. Sign up at the Welcome Center for more details.

CLASS SCHEDULE

CARDIO CIRCUIT

Monday, Wednesday, Friday
8:00 am

CARDIO CIRCUIT

Monday, Wednesday, Friday
9:30 am

SILVERSNEAKERS

Tuesday, Thursday
10:00 am

ZUMBA GOLD

Monday, Wednesday
10:30 am

ENHANCE FITNESS

Monday, Wednesday, Friday
11:00 am

BASIC CYCLE

Tuesday, Thursday
11:15 am



BUILDING HEALTHY RELATIONSHIPS

**FREE 5 week course
Thursday, September 21 -
Thursday October 17
10:00 am – 12:30pm**

Join us as we build healthy relationships through relationship enhancement and discover healthy communication skills. Sign up now to participate in these workshops.



***Lunch is included. Sign up is required.**

FALL PREVENTION DAY & ACTIVE AGING WEEK

**September 22 – 30
8:00 am – 12:00 pm**

Ignite your passion and say YES to an active week! Join us for Fall Prevention Day, Active Aging Week and National Women's Health & Fitness Day. See our Welcome Center for more information

