



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2018

MCARTHUR YMCA; 1915 CITRONA DR, FERNANDINA BEACH, FL 32034

## PLAY Y-I-GO! YOU COULD WIN A GRAND PRIZE VALUED OVER \$1,000!



Presented by

Keep yourself fit and healthy during the summer months by playing the Y's version of Wellness BINGO! Complete a variety of social, physical and mental activities during June, July and August and you could win our **Y-I-GO! Grand Prize**. Pick up your **Y-I-GO!** card from your Y branch the week of **May 28<sup>th</sup>**. Speak to your Healthy Aging Coordinator about the details and rules. The grand prize will be announced in June's *InMotion* Newsletter.

## ON MAY 30<sup>th</sup> NON-MEMBERS AGE 60 & BETTER CAN USE THE Y FOR FREE

Your Healthy Aging Coordinator is working hard to bring you a day of exercise demonstrations, lectures, and vendors in celebration of **National Senior Health & Fitness Day**. On Wednesday, May 30<sup>th</sup> Y's across Florida's First Coast will be open **FREE** of charge for non-members age 60 and better. Invite friends and neighbors to enjoy the fellowship at the Y. See the **back of your branch's newsletter** for the program of events.



## NOW AT THE BROOKS and DYE CLAY Y!

The AETNA Lifestyle Cooking Series is now offered at the Brooks Y on Saturdays and at the Dye Clay Y. During May chefs from Chuy's Tex-Mex will demonstrate "**Recipes That Help You Stay Active**". The cooking series is **FREE** and open to the community. Join us at the Dye Clay Y on **Thursday May 10**; 12:30pm – 2:00pm, or at Brooks Y on **Saturday May 19**; 10:00am – 11:30am. Visit **firstcoastymca.org** for other class dates and locations.

## Y MEMBERS! GET 20% OFF UNF CLASSES

Creative Mosaic, Practical Self-Defense, How to Use Your Smartphone Video Camera, and Beginner Digital Photography classes are being offered by UNF instructors at Brooks Y and Winston Y. Members receive 20% off classes at these locations. Sign up at the Y or at **www.firstcoastymca.org/unf**

**LEARN** Continuing Education Courses  
**JACKSONVILLE**



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CONNECT WITH US  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## SOCIAL EVENTS

### Mahjong

Mondays and Tuesdays  
at 1:00 pm &

### Bingo with Susan

Sunday, May 20<sup>th</sup>  
at 2:30 pm. Invite a  
friend!

### Line Dancing

#### Now at the Y

Tuesdays at 2:00 pm  
and Wednesdays at  
6:30 pm

### Silver Rewards Card

Visit the Y 9 times a  
month and you could win  
a prize. Pick up your  
Silver Rewards Card at  
the Welcome Center to  
track your visits.

Winner of April's Drawing  
is **Bill Willis**

### Knitting Club

Every Thursday at 1:00  
pm

### Walking Club With Pattee Boler

Every Monday at 9:00  
am. Meet at the Y.

### 24<sup>th</sup> Annual Shrimp Festival 5 K Run / Walk

Saturday May 5<sup>th</sup> 8:00  
am at the Main Beach,  
Fernandina Beach



## CLASS SCHEDULE

### SILVERSNEAKERS CLASSIC

Monday, 11:40 am

### SILVERSNEAKERS CLASSIC

Tuesday, 11:40 am

### SILVERSNEAKERS CLASSIC

Wednesday, 11:40 am

### SILVERSNEAKERS CLASSIC

Friday, 11:40 am

### CHAIR YOGA

Thursday, 11:40 am

### TAI CHAI

Tuesday & Thursday, 8:00 am

### YOGA LIGHT:

#### New Location off Site

Tuesdays & Thursday, 10:30 am

### GENTLE STRETCH:

#### New Location off Site

Monday, Wednesday and  
Fridays, 9:15 am

### AQUA AEROBICS

Monday through Friday

8:30 am Deep &

9:30 am Shallow

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### Lunch Outing at Main Beach, Fernandina Beach

#### Wednesday May, 16th 12:30 pm

It's picnic time! Join us for fun in the sun at Main Beach  
Everyone plan on packing a "Sack Lunch".

This should be lots of fun and the weather should be great! **For more information see Raylene or Darlene.**

### National Cremation Society, FREE Lunch and Learn

#### Wednesday, May 30<sup>th</sup> at 12:40 pm

In recognition of **National Senior Health and Fitness Day**, Laurie Levine will host a Lunch and Learn to help you learn more about cremation and the services the company has been providing for over 40 years. To **RSVP** and for more information, visit the Welcome Center.



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### Wellness Corner: Starting a Healthy Daily Routine

#### With the Y's Robert Calija CPT, Wellness Associate

1. Stand up tall with your feet directly below your hips.
2. Slowly reach both of your arms out and give yourself a big hug. As you reach both arms out, you'll feel the chest and shoulder muscles open up. The core stays tight.
3. Take a couple of deep breaths in & out.
4. Repeat this exercise several times to stimulate the brain to think positively. You'll experience loving yourself and better posture. Better posture protects against injury or discomfort.
5. Write this routine down and set a goal; **how many times a month you can give yourself a big hug!**