



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | Fernandina Beach, FL 32034

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**

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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

SOCIAL EVENTS

Mahjong

Every Monday & Tuesday
at 1:00pm

Bingo With Susan

Saturday September 23 at
11:30 am

Line Dancing Now At the Y

Every Tuesday at 2:00pm
and every Wednesday at
6:00pm

Silver Sneakers Reward Card Winner

Get your card today and
become eligible to win a
prize when you visit the Y
9 times during one month.

Congratulations to July's
winner, **Donald Ortega!**



Walking Club With Pattee Boler

Every Monday at 8:00am
here at the Y

CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday, 11:40am

SILVERSNEAKERS CLASSIC

Tuesday, 11:40am

SILVERSNEAKERS CLASSIC

Wednesday, 11:40am

SILVERSNEAKERS CLASSIC

Friday, 11:40am

CHAIR YOGA

Thursday 11:40am

TAI CHAI

Tuesday & Thursday, 8:00am

YOGA LIGHT

Tuesdays & Thursday, 10:30am

GENTLE STRETCH

Monday, Wednesday & Friday,
9:15am

AQUA AEROBICS

Monday thru Friday
8:30am (Deep) & 9:30am
(Shallow)

New Class Stability And Balance with Darlene Every Tuesday at 1:00pm in Studio AIP

This practical class focuses on improving balance and stability skills. Practice different exercises under the guidance of a qualified instructor. Improve muscular strength, power, agility, balance and coordination.

Becky's Open House

Wednesday September 20 at 12:45pm

Join us for an Open House at Becky's New Home " 123 South Fletcher, Fernandina Beach. Bring either sandwiches or chips. There will be a sign-up sheet in Studio AIP. Becky will provide cookies and drinks. Any questions, please see Raylene or Darlene.

Self Defense Class at the Y

Thursday, September 14 at 11:30pm – 2:00pm Cost, \$35 (17 or more participants)

Mr Soke is ex Homeland Security and has been a Martial Artist for over 50 years. He can customize the class according to the strength and capabilities of participants. Each member will receive a workbook that outlines training material, emergency protocols and information. Register at the Welcome Center.

Class includes certificate of participation.