



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2017

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

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.

Karina Gilchrist, Healthy Aging Coordinator
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CONNECT WITH US
FirstCoastYMCA.org



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!

SOCIAL EVENTS

Mahjong

Monday 1pm &
Tuesdays at 1pm

Bingo

Bingo with Susan
Saturday, June 10th at
11:30 am Invite a
friend!!!

Now at the Y: Line Dancing

Tuesdays @ 2pm and
Wednesdays @ 6pm

Walking Club

Every Mondays at 9 am
here at the Y with Pattee
Boler

SS Reward Card Winner

Get your card today to be
eligible to win a prize for
the month after completing
9 visits.

Winner of April:
Joan Lavalley

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 CHI

Tuesday & Thursday, 8:00 am

YOGA LIGHT

Tuesdays & Thursday, 10:30 am

GENTLE STRETCH

Monday, Wednesday and Fridays,
9:15 am

AQUA AEROBICS

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

BAGEL DAY

**Friday June 23rd and 18th
12:30 pm at Main Beach**

Come and join our first ever
Bagel Day Party! Bring your
favorite bagels along with your
favorite spreads for everyone to
sample and enjoy. It will be a fun
late morning snack! Any
questions please see Raylene or
your SilverSneaker/AOA
instructor



TRY TAI CHI

Join us **every Tuesday and
Thursday at 10:30 am** for Tai
Chai. Tai Chi is a Chinese form of
physical exercise characterized by a
series of very slow and deliberate
balletic body movements. This
mindful and physical class will not
only exercise your body but also
your mind.

