



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

PONTE VEDRA FAMILY YMCA | 170 Landrum Lane | Ponte Vedra Beach, FL 32082

## BRAINFIT AT THE Y! PRESENTED BY



**BROOKDALE**  
— SENIOR LIVING SOLUTIONS —

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 1<sup>st</sup> 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 4<sup>th</sup>.**

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](http://firstcoastymca.org/all-ages)**

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



## ACTIVE AGING WEEK

**September 24<sup>th</sup> – 30<sup>th</sup>**

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

**4<sup>th</sup> Annual Health Insurance Roadshow** presented by **Alignment Healthcare**  
**October 2<sup>nd</sup> – 5<sup>th</sup>**

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 **2<sup>nd</sup> annual Cloud9 Club Party** on **October 26<sup>th</sup>**. 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](mailto:cwatsonirving@firstcoastymca.org)

## EVENTS

### **Yoga For Survivors Every Thursday September 7 - 28 11:30am | HLC**

This class is taught by an experienced yoga instructor certified by the Christina Phipps Foundation. The instructor will guide cancer patients, survivors and others, taking into account range of motion and pain limitations. This is a gentle and safe yoga practice.

### **Ask The Expert How To Get Your 7 – 9 Fruit & Vegetables Wednesday, September 13, 12:00pm | HLC**

Join Registered Dietician, Kelly Schooley every month during the fall to learn more about nutrition and healthy eating. This month we learn about how we can easily eat our daily allowance of fruit and vegetables.

### **Total Control Class September 19 – October 5 Tuesday & Thursday 9:30 – 10:30am | HLC**

This medically based exercise program is designed to help women strengthen core muscles that are essential for bladder control and quality of life. Created by experts, this combination of classroom instruction and exercise strengthens the three muscle groups known as the "pelvic pyramid".

**Fee: \$120.00 (includes 6 hour long sessions)**

## CLASS SCHEDULE

### **FUNCTIONAL FITNESS**

Monday & Wednesday  
10:30am

### **SILVER SNEAKERS**

Tuesday & Thursday  
10:30am

### **PICKLE BALL**

Tuesday 10:00am – 1:30pm  
Thursday 10:00am – 12:30pm

### **STEP & SCULPT**

Every Wednesday  
8:30am

### **AQUA FITNESS**

Monday - Thursday  
9:30am – 10:30am

### **GENTLE STRETCH**

Every Friday (starts  
9/8), 10:30am

### **LINE DANCING**

Every Friday  
1:30pm  
(starts 9/15)

### **Jacksonville Symphony: Coffee Series Friday September 29, 9.30am: meet at the Ponte Vedra YMCA**

It's time for this wonderful series. This month's program is Schubert & Sibelius  
Cost: \$45.00, includes ticket and transportation.  
Lunch not included.  
Plans tbd. Sorry, no refunds after 9/22.



### **Line Dancing Class At Ponte Vedra With Kim! Every Friday, 1:30pm. Starts 9/15**

This popular class will keep you moving with fun dance steps performed to a variety of music. Line dancing is fun and great exercise! Every Friday, starting on 9/15  
Included in membership fee!

### **Silver Rewards**

Earn 9 punches on your Silver Rewards card and be entered to win this month's reward. The winner each month will be featured on the hall bulletin board!

