



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2017

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

## 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](http://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](mailto:valerie.murphy@unf.edu) or (904) 620-4255.

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

## EVENTS

### **Yoga for Survivors** **Thursdays June 1-29** **11:30am | HLC** **No charge**

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

### **Mindful Meditation** **Mondays, June 5-26** **6 – 7pm** **Fee: \$30**

This series will provide participants with the opportunity to refresh their motivation to practice mindfulness and review and expand upon concepts taught in the introduction to mindfulness class. Taught by a licensed clinical psychologist from Baptist Behavioral Health with special training in mindfulness.

### **Friends & Family** **CPR Certification** **Thursday, June 22nd** **6 – 9pm** **Fee: \$25**

This American Heart Association class will give you hands on practice of CPR techniques and choke saving skills.

## CLASS SCHEDULE

### **FUNCTIONAL FITNESS** Monday, Wednesday 10:30am

### **SILVER SNEAKERS** Tuesday, Thursday 10:30am

### **PICKLE BALL** Tuesday 10a – 1:30p Thursday 10a – 12:30p

### **STEP & SCULPT** Wednesdays 8:30am

### **AQUA AEROBICS** **\*NEW SUMMER TIMES!\*** Monday-Thursday 9:00am – 10:00am

### **GENTLE STRETCH** Fridays 11:00am – 11:45am

### **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!

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## Adult Mental Health First Aid Certification

**Date: Friday, June 16<sup>th</sup>**  
Time: 9:00am – 5:00pm  
Place: Healthy Living Center  
Cost: NO FEE

The Adult Mental Health First Aid course is for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions.




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## CHAIR YOGA & MEDITATION

**Date: Monday, June 12<sup>th</sup>**  
Time: 11:45am – 12:30pm  
Place: Studio C

Join Jennifer Negron for this Yoga class that uses a chair for additional support. Most of the exercises are done while sitting, leaning, or holding onto a chair. This makes it a great way to practice yoga for people who may have limited mobility. Any level of practitioner can benefit from this class. A short guided meditation will also be included.