



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2018

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

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



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 28TH**. Speak to your Healthy Aging Coordinator about the details and rules. The grand prize will be announced in June's *InMotion* Newsletter.

ON MAY 30th 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 30th 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.



Kerry Sobieski, Healthy Aging Coordinator
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CONNECT WITH US
FirstCoastYMCA.org



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



EVENTS

Yoga for Survivors Thursdays May 3 - 31

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 with range of motion and pain limitations through a gentle and safe yoga practice.

Ask the Expert: "Dining Out the Healthy Way"

Tuesday, May 8th
12:00pm / HLC

Kelly Schooley, the Y's Registered Dietician will help us learn how to navigate restaurant menus. You will learn what to look for and what to avoid when enjoying a meal out.



AGE 50 AND BETTER CLASS SCHEDULE

FUNCTIONAL FITNESS

Monday, Wednesday
10:45am

SILVER SNEAKERS

Tuesday, Thursday
10:45am

PICKLE BALL

Monday 10am-12pm
Tuesday 10am - 1:30pm
Wednesday 10am -12:00pm
Thursday 10am - 12:30pm

STEP & SCULPT

Wednesdays
8:30am

AQUA FITNESS

Monday-Thursday
9:15am - 10:15am

AQUA YOGA

Friday 9:15 -10:15am

LINE DANCING

Tuesdays 2:15- 3:00pm
Friday 1:30 - 2:15pm

CHAIR YOGA

Friday 10:45 -11:30am

BOOM Fitness

Friday 8:30 - 9:30am

JACKSONVILLE SYMPHONY COFFEE SERIES

Reineke, Rodgers and Hammerstein

Friday, May 4th

Experience the sounds of the Symphony followed by lunch. Space is limited. Transportation is included. **Cost of lunch is NOT included. Only \$50 per member/\$55 Non-Member.** Sign up at the Welcome Desk by Friday, April 27th to reserve your seat! Sorry, no refunds after April 27th.



Arthritis: How to Prevent and Treat It

Lunch & Learn With Dr. Sean Tracey from New Life Healthcare
Thursday, May 10th,
12pm/Conference room

Join Dr. Sean as he discusses causes of Arthritis, what you can do to prevent and treat it. **Lunch will be provided. Sign-up** in the EVENT binder at the Welcome Center **by MONDAY, May 7th** to reserve your spot.

