



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | St. Augustine, FL 32080

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**

Brandi Otis, Healthy Aging Coordinator

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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

NEW SUMMER CLASSES!

Aqua Aerobics

Saturday, 9:00am
Monday - Friday
11:00am - 12:00am

SOCIAL EVENTS

Pickleball

Every Monday,
Wednesday & Friday,
8:00am - 10:00am
Tuesday & Thursday
12:30pm - 2:30pm

Learn to Play

Pickleball

Every Wednesday
9:00am - 10:00am

LUNCH BUNCH GROUP

Thursday, September 28 at 2:00pm

Once a month we travel to some of the best local spots. Enjoy some great food while meeting some fellow Y Members!

September's restaurant is: Stir It Up!

18 A Street St.
Augustine, FL 32080
(Outside seating only)



CLASS SCHEDULE

SILVERSNEAKERS

CARDIO FIT

Monday, 9:00am

SILVERSNEAKERS

CLASSIC

Monday, Wednesday & Friday
12:45pm

SILVERSNEAKERS YOGA

Tuesday & Thursday
12:45pm

GENTLE YOGA

Monday, Wednesday, Friday
11:30am
Saturday, 12:00pm

AOA

Tuesday & Thursday
10:30am

TAI CHI

Monday & Thursday
3:30pm

REFIT DANCE FITNESS

Monday & Wednesday
10:30am

RESTORATIVE YOGA

Tuesday, 6:15pm
Sunday, 3:30pm

INTRO TO CYCLE

Thursday, 9:30am
(1st Thursday of every month)

YOGALATES

Saturday 8:30am

Lunch And Learn With An Rn, SilverCreek Retirement Community Friday, September 1 at 2:00pm

Topics are, "Our Senior Years can be "Glorious" and the "Reality of Aging in Place"

Humana Medicare Info Session and Annual Enrollment Help, Thursday, September 14 at 2:00pm

Humana will educate, inform and answer all questions regarding your up and coming Medicare Annual Enrollment.

Medicare

Field Trip To Anastasia Lanes Thursday, September 21 at 2:00pm

Join us for Bowling and Fellowship



Loud & Clear, Thursday, September 7, 2:00pm

Florida residents with certified hearing loss are eligible to receive a **free amplified phone** from Florida Telecommunications Relay, Inc.