



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

WILLIAMS FAMILY YMCA | 10415 San Jose Boulevard | Jacksonville, FL 32257

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**

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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

CLASS SCHEDULE

MONDAY

WATER FITNESS

8:30 am – 9:30 am

SS CIRCUIT

11:45 am – 12:30 pm

TUESDAY

YOGA STRETCH

8:00 am – 8:45 am

AOA CARDIO SCULPT

11:45 am – 12:30 pm

SS-CLASSIC

11:45 am – 12:30 pm

WATER FITNESS

5:30 pm – 6:30 pm

WEDNESDAY

WATER FITNESS

8:30 am – 9:30 am

SS-YOGA STRETCH

11:45 am – 12:30 pm

LINE DANCING

1:00 pm – 1:45 pm

THURSDAY

YOGA STRETCH

8:00 am – 8:45 am

CYCLE 101

10:15 am – 10:45 am

SS-CLASSIC

11:45 am – 12:30 pm

WATER FITNESS

5:30 pm – 6:30 pm

FRIDAY

WATER FITNESS

8:30 am – 9:15 am

WATER FITNESS

9:15 am – 10:00 am

SS-CIRCUIT

11:45 am – 12:30 pm

SATURDAY

WATER FITNESS

10:00 am – 11:00 am

ONGOING EVENTS

CARDS 'N GAMES

MONDAYS at 10:00am

WALKING CLUB

MONDAYS at 10:00am

1st and 3rd RUMMI CUBE

WEDNESDAYS at 10:00am

SOCIAL EVENTS

NEW MEMBER WELCOME RECEPTION

Tuesday, September 12th | 10:30 am – 11:30 am

Learn about all the offerings included in your Y membership.

FRUIT PARFAITS IN THE LOBBY w/HUMANA

Wednesday, September 13th | 12:30 am – 1:00 pm

Join us for fun in the lobby. Invite a friend to try a Group Exercise class with you.

COFFEE KLATCH

Friday, September 22nd | 9:00 am

Join us at Panera Bread (11111 San Jose Blvd) and chat over coffee and biscuits. Enjoy a cup of coffee on the Y.

CONNECTOR MEETING

Monday, September 17th | 12:30 pm

Get connected with the Y and join the Williams AOA Committee, members who help coordinate activities, trips and events for those age 50 and better.

ACTIVE AGING WEEK

Monday, September 25th – Friday, September 29th

We will be celebrating Active Aging Week with activities throughout the branch. Activities will include ways to support healthy aging through activity, using the brain and charitable pursuits. Announcements in classes, on the age 50 and Better Board and in the book.

BAPTIST HEALTH, EVENTS IN THE HEALTHY LIVING CENTER

UNF CE Class on Learning to Kayak

Thursday, September 14th | 6:00 pm – 8:00 pm

The 100th Y member to register for a UNF Class at a Y location receives a \$100 UNF gift card! Register for classes at the Welcome Center.

Adult Mental Health First Aid

Friday, September 15th | 8:30 pm – 5:00 pm

Ask the Expert - How to Get Your 7-9 Fruits and Vegetables

Monday, September 18th | 10:15 am – 11:15 am

Baptist Health Stroke Support Group

Tuesday, September 26th | 6:30 pm – 7:30 pm

This group is open to stroke survivors, caregivers, and those just looking to learn more about stroke (signs, symptoms, prevention, treatment, etc.).