



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202

## 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 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)**

**Fredda Renshaw, Healthy Aging Coordinator**  
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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)

## CLASS SCHEDULE

### MONDAY

#### Deep Water Fitness

8:30 - 9:30am

#### SS Circuit

9:00 - 9:45am

#### SS Circuit

10:30 - 11:30am

#### Stability-New

11:45am - 12:30pm

### TUESDAY

#### Gentle (Arthritis) Aqua

8:00 - 8:50am

#### Water Fitness

9:00 - 10:00am

#### SS Circuit Classic

9:00 - 9:45am

#### Chair Yoga

11:15am - 12:00pm

### WEDNESDAY

#### Deep Water Fitness

8:30am - 9:30am

#### Water Fitness

10:00 - 10:50am

#### SS Circuit

10:30 - 11:30am

#### Line Dancing

11:45am - 12:30pm

#### Senior Fitness

9:00 - 9:45am

### THURSDAY

#### SSClassic

9:00 - 9:45am

#### Gentle (Arthritis) Aqua

8:00 - 8:50am

#### Chair Yoga

11:15am - 12:00pm

### FRIDAY

#### Water Fitness

9:00 - 10:00am

#### SS-Circuit

9:00am - 10:00am

#### Cardio Dance

10:30 - 11:30am

#### Stability- New

11:45am - 12:30pm

## SOCIAL EVENTS

### Movies At The Y

**Tuesday, September 5 at 2:00pm, Kids Zone**

"The Resurrection of Galvin Stone"

Bring your lunch or we can go to the River café

### Restaurant A GO GO

**Wednesday, September 6 at 11:45am**

Lunch at Kaika, 1012 Margret St. Meet at the restaurant

Let's get together and socialize!

### Lunch N Learn, Vantage Life Presentation and AOA Event Planning Meeting

**Monday, September 11 at 12:30pm, Conf. Room**

Salad bar lunch. Bring items for a salad. Lettuce and dressing provided.

### Self Defense Class with Ex-Homeland Security, Mr Warren Soke

**Saturday September 16 at 9:30-12:00, Studio B**

Class fee: \$35.00 for 17 or more participants.

This class is aimed at helping our age 65 and better members stay safe and improve self-confidence in or out of the home.

Mr Warren will also educate participants about common telephone and Internet scams, provide emergency protocols and contact information. Register at the Welcome Center.

### Birthday Party in the Park; Lunch and Cake

**Wednesday September 20, Riverside Park, 753 Park St**

Join us for music and games and fellowship. We have done this in the past and everyone has a great time. Bring a sack lunch/drinks. Cake will be provided

### Active Aging Week

**September 25 - 29**

See flyer for schedule

### Book Club

**Monday September 25 at 11:45am, Conf. Room**

See the coffee table book for update

### NEW - Walking Club

**Tuesday September 5 at 9:50am, By Elevators On 3<sup>rd</sup> Floor**

### Check in the Healthy Living Center for September Events

Always check in the coffee table event book for Active Older Adults and Healthy Living Center Events. Also check the book for updates, cancellations, time changes for scheduled events or new events.