



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

August 2017

ARLINGTON FAMILY YMCA | 10131 Atlantic Boulevard | Jacksonville, FL 32225

RACE TO WIN OVER \$1,000 IN PRIZES



Join the Y and AARP for the "Race of Ages" on November 4th, and your team could win over \$1,000 in prizes. This intergenerational version of the *Amazing Race* will comprise teams of people from age 30 to 80. Each team will solve clues and participate in challenges through downtown Jacksonville. The team will have the opportunity to sharpen their skills and train with a series of exciting pre-event clinics. Start recruiting neighbors, family and friends to form your team! Teams consist of 6 people and the cost is \$120 per team. Registration is limited and open from August 28th – September 15th. Visit your Y for additional information.

PARTY HARDY ON OCTOBER 26TH

Age 60 and better Y members who attend the Y 108 times before September 30th are invited to this free party on October 26th at the Jesse Ball DuPont Center.

Keep swiping in at the Y and you'll receive an invitation to enjoy entertainment, awards, food and prizes.



For information, contact the Welcome Center, 904-744-2233.

CONNECT WITH US
FirstCoastYMCA.org



SAVE THE DATE

Active Aging Week
September 24th to 30th

4th Annual Health Insurance Road Show
October 2nd – 7th

FREE UNF CLASSES AUGUST 21st and 26th

Interested in learning photography or want to use the iPhone better? Then join UNF instructors at the Y to sample these FREE classes and others. Attendees will be entered into a drawing to win a \$25 UNF gift certificate.

AUGUST 21
iPhone Fundamentals
Brooks Y, 11:45am - 12:45pm
Self Defense
Brooks Y, 1pm - 2:30pm
Cooking to Kickstart Your Health
Winston Y, 10am - 12pm

AUGUST 26
Silk Flower Design
Ponte Vedra, 10am - 11am
Photography
Ponte Vedra, 11am - 12pm



SOCIAL EVENTS

August Birthday Celebration

Wednesday August 16th



Out To Lunch Bunch

Friday August 25th,
12:30pm at Panera Bread,
9301 Atlantic Blvd.



SILVER SNEAKERS REWARD CARD WINNER

Earn 9 punches on your Silver Rewards card and enter to win this month's prize. **July's winner is Helen Abdelnour. She wins a gift card!**



CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday, 11:45am
Tuesday, 10:30am &
11:30am
Wednesday, 9:30am
Thursday, 10:30am &
11:30am

ZUMBA GOLD

Monday & Wednesday,
10:30am

SUPERSILVER

Monday & Wednesday,
8:30am

SILVER SNEAKERS YOGA

Saturday, 10:30am

LINE DANCING

Monday & Thursday,
9:30am

G4L

Friday, 9:30am

YOGA

Monday & Thursday,
6:45pm
Tuesday, 9:00am

Alignment Healthcare Prevention Series: Bone Health, Common Injuries and Treatment Options Wednesday August 23rd, 12:00pm to 1:30pm

This popular Prevention Series continues in August. Join Deanna Helms from Southeast Orthopedic to learn how to protect your bones and the different treatment options available. A light lunch and beverages will be served.



Clown Day USA

Saturday August 5th, 10:00am
to 2:00pm

Calling age 60 and better members to attend this national day of fun for all ages. Bring the grandchildren to enjoy clown shows, balloon sculptures, face painting, music and comedy. \$3.00 p/person or \$10.00 p/family.

