



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

August 2017

BROOKS FAMILY YMCA | 10423 Centurion Parkway | Jacksonville, FL 32256

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.



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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



CLASSES

SILVERSNEAKERS

Monday - Friday 10:30am
Wednesday 9:30am
(Conference Room)

LINE DANCE

Monday and Friday
11:30am (Studio B)

STRETCH AND TONE

Tuesday and Thursday
9:30am (Studio B)

GENTLE YOGA

Tuesday 10:30am (SMB)

BALLROOM DANCE

Tuesday 11:30am
(Studio B)

CHAIR YOGA

Thursday 11:45am (SMB)

ZUMBA GOLD

Friday 10:30am (Studio B)

LOW IMPACT

Wednesday
10:30am (Studio B)

AQUA FITNESS

Monday - Friday 10:30am
Saturday 10:00am
(Main Pool)

GENTLE AQUA and AQUA MOTION

(Therapy Pool)
For information inquire at
the Welcome Center.

PICKLEBALL

Monday, Wednesday and
Friday, 2:00pm-4:00pm
(Gym)

TAI CHI

Monday 4:30pm (SMB)
Friday 11:45am (Conf Rm)
Friday 4:30pm (SMB)

CONGRATULATIONS

Ann Long won a \$25
Sonny's BBQ gift card in
the June SilverReward Card
Drawing!

SOCIAL EVENTS

NEW MEMBER WELCOME RECEPTION

Thursday Aug 3, 1:00pm

DOMINOES

Monday Aug 7, 14, 21, 28
11:30am

COLOR-FUL CALM

Tuesday Aug 8, 15, 22, 29
11:30am

GARDEN CLUB MEETING

Thursday Aug 10, 9:30am

POTATO BAR

Wednesday Aug 9, 11:30am

CROCHET for a CAUSE

Friday Aug 11, 11:30am

LUNCH & LEARN POTLUCK

Wednesday Aug 16, 11:45am
Adriana Posada, D.O.M., A.P.
Acupuncture Physician

LUNCH BUNCH

Friday Aug 18, 1:00pm,
Longhorn, Southside Blvd

BOOKS@BROOKS

Monday Aug 21, 11:45am
*The Unlikely Pilgrimage of
Harold Fry*, by Rachel Joyce

SALAD BAR

Wednesday Aug 23, 11:30am

COOKING CLASS

Thursday Aug 24, 11:45am

BINGO!

Friday Aug 25, 12:30pm

We Need You For Correspondence Companion

Thursday August 10, 11:45pm, Conf. Room

Who doesn't love getting a card in the mail or a phone call saying 'We miss you'? If you're willing to address envelopes and postcards or call friends we haven't seen in a while, please come! At this meeting we'll decide future meeting dates and create a schedule that suits everyone. No sign up necessary. Light snacks provided.

Alignment Healthcare Prevention Series: Bone Health, Common Injuries and Treatments

Thursday August 31, 11:45am, Conf. Room

Presented by Deanna Helms of Southeast Orthopedic. A light Lunch will be provided for those who sign up in the age 50 and Better Binder.

New Cooking Class

Thursday, August 24 11:45am, Conf. Room

Who's hungry? This month we will learn how to make Gingered Turkey Meatballs in Japanese Mushroom Broth. Look for flyer for more information. Sign up is required and a small fee to cover costs.

