



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

August 2017

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | Orange Park, FL 32065

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



SOCIAL EVENTS

KNITTING & CROCHETING

Every Wednesday & Friday, 9:00AM, Conference Room. Beginners welcome.

PICKLEBALL

Every Monday, Wednesday & Friday, 12:00PM – 2:00PM
Fridays are clinics to learn to play!

PRAYER GROUP

Every Tuesday, 11:00AM in the Conference Room.

LUNCH BUNCH GROUP

Thursday, August 31, 12:30PM
August's Restaurant is, Tony's Pizza
2620 Blanding Blvd
Middleburg, FL 32068.

MOVIE MATINEE "BEAUTY AND THE BEAST"

Thursday, August 24, 12:00PM.
Popcorn, water and a sweet provided!

RETURN OF THE 50 & BETTER MONTHLY LUNCHEON

Friday, August 18, 12:30PM.
Enjoy an end of the summer cookout with burgers and hotdogs and all the fixings! Please bring a dish to share. Bingo to follow!

CONGRATULATIONS

Rosa Malone is our Wellness Challenge Winner! Enjoy spending your gift certificate!

CLASS SCHEDULE

BETTER BALANCE

TUESDAY, 11:00AM

SILVERSNEAKERS CIRCUIT

MONDAY & WEDNESDAY, 10:45AM

MIDDLEBURG CLASS

SILVERSNEAKERS CLASSIC

TUESDAY & THURSDAY, 9:00AM

LINE DANCING

THURSDAY, 11:00AM

SILVERSNEAKERS CLASSIC

TUE/THUR 10:00AM
FRI 10:30AM

SILVERSNEAKERS YOGA

MONDAY, 11:30AM
WEDNESDAY & FRIDAY, 11:30AM

ZUMBA GOLD

MONDAY, 10:30AM
FRIDAY, 9:30AM

AQUA FITNESS

SATURDAY, 10:15AM

BEGINNING JUNE 5

SILVER SNEAKERS SPLASH

MONDAY & WEDNESDAY, 9:30AM

BEGINNING JUNE 14

AQUA FITNESS

MONDAY & WEDNESDAY, 6:30PM

ALIGNMENT HEALTHCARE PREVENTION SERIES, BONE HEALTH, COMMON INJURIES AND TREATMENT

Tuesday, August 8, 12:00PM, Studio B

Your bones deserve more than a fractured truth! Join Dr. Max Lincoln from Southeast Orthopedic to learn about how you can protect your bones. A light lunch and beverages will be served.

LUNCH AND LEARN, SPONSORED BY THE NATIONAL CREMATION SOCIETY

Tuesday, August 22, 12:00PM

We will talk about cremation, veteran's benefits, costs, and clarify common myths about cremation. A light lunch will be served.

CULTURE CLUB "PARIS"

Thursday, August 17, 12:00PM

Join us for this 30 minute DVD presentation. We'll also sample food from Paris and draw for door prizes. Please sign up as seating is limited!

ALHAMBRA THEATRE

"Annie the Musical"

Sunday, August 13, 11:15AM

The bus will leave Dye Clay at 11:15 am. Lunch will be served until 1:30pm. The show begins at 1:50pm.

Cost: \$25 p/person

Reservations are limited. Cost includes transport.