



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

August 2017

FLAGLER CENTER FAMILY YMCA | 12735 Gran Bay Parkway, Suite 201 | Jacksonville, FL 32258

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.



Felina Martin, Branch Executive

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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



LUNCH BUNCH

**Monday, August 14
12:10 pm**

Join us at **Wing-It** for some food and laughs after the "Silver Sneakers Stability Class". **Wing-It** is on the corner of the strip mall at Old St. Augustine Road and I-295.

1st FRIDAY AT FLAGLER

**Friday, September 1
9 AM – 1 PM**

Once a month, you can enjoy some convenient services at the Y. From massages to shopping to car detailing.

HAPPY HOUR

**Thursday, Sept. 21
6 pm – 8 pm**

Starting in September, join "Girls Run It" DJ and Y members for 2 hours of mocktails, music and mingling.

LEARN SPANISH!

Returning in September, **Mondays at 12:30** in the large conference room.

Y member, **Aida Sarria** has volunteered to teach a free conversational Spanish class.

BROWNN BAG BOOK CLUB!

The **second Friday of each month** join us for a Book Club discussion at 12:30pm! Each month we will select a book and meet to discuss.

CLASS SCHEDULE

AOA DANCE

Monday, 10:30 am

AOA Stretch & Tone

Monday, 11:15 am

SILVER SNEAKERS STABILITY

Monday, 11:45 am

SILVER SNEAKERS CLASSIC

Tuesday, 10:45 am

CHAIR YOGA

Wednesday, 11:30 am

Line Dancing

Thursday, 11:30am

SILVER SNEAKERS CLASSIC

Friday, 11:30 am

Try something new! Barre Fusion

Wednesday, 9:15 am

Pilates

Friday, 11:30 am

8-WEEK WEIGHT LOSS SUPPORT GROUP

Prepare for the Holiday Season with support!

The 8-week Weight Loss Support Program is a weekly support group led by a health and wellness coach. Each weekly support session is designed to assist members in reaching their weight loss goals. Sessions are held once/week for one hour for 8 consecutive weeks, with a different topic of focus each week from healthy eating to activity to sleep. Class is limited to 15 people. Registration is only \$80 for the 8-week series.

GROUP I: Monday, September 11 – Monday, October 30
11:30 AM – 12:30 PM

GROUP II: Monday, September 11 – Monday, October 30
5:30 PM – 6:30 PM

CHAT AND CHEW SALAD BAR POTLUCK

Thursday, September 7th at 12:30 PM

Enjoy our lettuce from the Grow Tower and great conversation with other members during our monthly Chat and Chew Salad Bar Potluck.

Please sign up for the topping(s) that you plan to share at the Welcome Center.

