



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

August 2017

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | Fernandina Beach, FL 32034

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

Mahjong

Every Monday and Tuesday, 1:00pm.

Line Dancing Now Here

Every Tuesday, 2:00pm
Every Wednesday, 6:00pm.



Walking Club With Pattee Boler

Every Monday, 8:00am



Bingo with Susan Saturday August 8,

11:30pm – 12:30pm
Join us for the chance to win great prizes and have fun! Bring a friend, we'd love to meet them!

SILVER SNEAKERS REWARD CARD WINNER

Earn 9 punches on your Silver Rewards card and enter to win this month's prize. **June's winner was Ann Willis.**

CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday, 11:40am
Tuesday, 11:40am
Wednesday, 11:40am
Friday, 11:40am

GENTLE STRETCH

Monday, Wednesday & Friday, 9:15am

AQUA AEROBICS

Monday through Friday,
8:30am, Deep
9:30am, Shallow

CHAIR YOGA

Thursday 11:40am

TAI CHAI

Tuesday & Thursday, 8:00am

YOGA LIGHT

Tuesday & Thursday, 10:30am



New Class Stability and Balance with Darlene Every Tuesday, 1:00pm, Studio AIP

This practical class focuses on improving balance and stability skills. A certified instructor will guide you through a series of exercises that will improve muscular strength, power, agility, balance and coordination.



Dog Days of August Potluck Friday, August 25, 12:30pm, Studio A

It's hot. It's August. So keep these dishes cool! Bring your favorite dish that doesn't make you hot while eating it, or didn't heat up your kitchen when you were preparing it! Any questions, please see Raylene or Darlene.

