



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

August 2017

PONTE VEDRA FAMILY YMCA | 170 Landrum Lane | Ponte Vedra Beach, FL 32082

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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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



EVENTS

Yoga for Survivors

**Thursday,
August 3 – 31,
11:30am, HLC**

This class is taught by an experienced yoga instructor certified by the Christina Phipps Foundation. The instructor will guide cancer patients, survivors and others with range of motion and pain limitations through a gentle and safe yoga practice.

Ask the Expert Sugars and Artificial Sweeteners: How Much Sugar Do You Need? Wednesday, August 9, Noon – 1:00pm

Join the Y's registered dietitian Kelly Schooley to learn how much sugar you need, and if artificial sweeteners are good or bad.

Keys to Healthy Aging Monday, August 14 11:45am – 12:45pm

Join Rachel Weinstein, MS Ed, with Baptist AgeWell Institute to discuss the changes to expect as you get older, and what you need to do to feel your best.

Bring a friend with you to presentations at the HLC. They are open to the community and free.

CLASS SCHEDULE

FUNCTIONAL FITNESS

Monday & Wednesday,
10:30am

SILVER SNEAKERS

Tuesday & Thursday,
10:30am

PICKLEBALL

Tuesday,
10:00am – 1:30pm
Thursday,
10:00am – 12:30pm

SILVER REWARDS

Earn 9 punches on your Silver Rewards card and enter to win this month's reward. Winners are featured on the bulletin board!

AQUA FITNESS

Monday – Thursday,
9:00am – 10:00am

GENTLE STRETCH

Every Friday,
11:00am – 11:45am

STEP & SCULPT

Every Wednesday,
8:30am

WE ALL SCREAM FOR ICE CREAM!

Thursday, August 3, 11:45am

It's hot outside! So come and cool off at our Ice Cream Social! Join fellow YMCA age 50 and better members, for a fun get together and enjoy some delicious ice cream.

There is no fee for this event, but please register in the Event Binder at the Welcome Center. We need to know how much ice cream to get!



CHAIR YOGA & MEDITATION

**Tuesday, August 15, 11:45am,
Studio C**

Join Jennifer Negron for the last in the series of Chair Yoga. You will learn poses and stretches you can do whilst sitting or using a chair for additional support. This is an excellent way to practice Yoga for anyone, especially those with limited mobility.

