



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

August 2017

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | St. Augustine, FL 32080

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.



Brandi Otis, Healthy Aging Coordinator

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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



NEW SUMMER CLASSES!

Aqua Aerobics

Saturday, 9:00am
Monday - Friday
11:00am - 12:00am

SOCIAL EVENTS

Pickleball

Mondays, Wednesday & Friday,
8:00am - 10:00am
Tuesday & Thursday
12:30pm - 2:30pm

Learn to Play

Pickleball

Every Wednesday
9:00am - 10:00am

LUNCH BUNCH GROUP

FRIDAY, AUGUST 18

2:00pm

Once a month we travel to some of the best hidden local spots. Enjoy some great food while meeting some fellow Y Members!

August's restaurant is Crave (downtown)

134 Riberia Street
St. Augustine, FL 32084
(Outside seating on the water).



CLASS SCHEDULE

SILVERSNEAKERS

CARDIO FIT

Monday, 9:00am

SILVERSNEAKERS

CLASSIC

Monday, Wednesday & Friday
12:45pm

SILVERSNEAKERS YOGA

Tuesday & Thursday
12:45pm

GENTLE YOGA

Monday, Wednesday, Friday
11:30am
Saturday, 12:00pm

AOA

Tuesday & Thursday
10:30am

TAI CHI

Monday & Thursday
3:30pm

REFIT DANCE FITNESS

Monday & Wednesday
10:30am

RESTORATIVE YOGA

Tuesday, 6:15pm
Sunday, 3:30pm

INTRO TO CYCLE

Thursday, 9:30am
(1st Thursday of every month)

YOGALATES

Saturday 8:30am

LUNCH AND LEARN- CREMATION SOCIETY

Friday, August 11, 2:00pm

Plan cremation services in advance to save your family from bearing the burden. Advance planning allows you to decide your final care. Let them know, "that's my wish."

FIELD TRIP TO CASTILLO DE SAN MARCOS

Friday, August 25, 2:00pm

August is the National Park Service's Birthday, so all National Parks are free! Join us for an informational tour of the Fort with picturesque views.



TALK WITH A DOC

Thursday, August 3, 2:00pm

Dr. J. Hartley, Chiropractor, is coming to speak and provide free educational spine and scoliosis screenings. Y members receive a coupon for a discounted initial visit.

