



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

August 2017

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202

RACE TO WIN OVER \$1,000 IN PRIZES



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

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.

Fredda Renshaw, Healthy Aging Coordinator
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CONNECT WITH US
FirstCoastYMCA.org



CLASS SCHEDULE

MONDAY

DEEP WATER FITNESS

8:30AM-9:30AM

SILVER SNEAKERS

CIRCUIT

9:00AM-9:45AM

10:30AM- 11:30AM

STABILITY-NEW

11:45AM-12:30PM

TUESDAY

GENTLE (ARTHRITIS)

AQUA

8:00AM-8:50AM

WATER FITNESS

9:00AM-10:00AM

SILVER SNEAKERS

CIRCUIT CLASSIC

WEDNESDAY

DEEP WATER FITNESS

8:30AM-9:30AM

WATER FITNESS

10:00AM-10:50AM

SILVER SNEAKERS

CLASSIC

9:00AM-9:45AM

SILVER SNEAKERS

CIRCUIT

10:30AM-11:30AM

LINE DANCING

11:45AM-12:30PM

THURSDAY

GENTLE (ARTHRITIS)

AQUA

8:00AM-8:50AM

SILVER SNEAKERS

CLASSIC

9:00AM-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

FRIDAY

WATER FITNESS

9:00AM-10:00AM

SILVER SNEAKERS

CIRCUIT

9:00AM - 10:00AM

AOA DANCE

10:30AM-11:30AM

STABILITY- NEW

11:45AM-12:30PM

NEW - WALKING CLUB

Tuesday, Aug 1,

10:15AM. Meet by the elevators on 3rd floor.

SOCIAL EVENTS

Restaurant A Go Go

Monday August 7, 12:30pm

Have lunch and socialize at Haskell's River Front Café.

Tour of Anheuser Busch Plant

Wednesday August 9, 1:00pm

Meet at Ship to Shore Seafood and Steak, 1403 Dunn Ave 32218. Small and large size portions available. **2:45pm, Go to the Tour Office**, 111 Busch Dr, Jacksonville, FL 32218. Park in tour parking lot, go through the Gazebo and look for a statue of a horse. The tour office is beyond the double doors. **3:00pm, tour time**
Cost, \$5.00 (for 12 or more people). Please note the tour has ramps. Everyone will receive a beverage and a glass.

Sign up in the event book at front desk.



Lunch N' Learn & Chair Massage by Mariel Crawford

Monday, August 14, 12:30pm, Kitchen

Enjoy a spaghetti, salad and dessert followed by chair massages with a Certified Exercise Physiologist. Massages are in the Conference Room from 1:00pm – 2:30pm. Cost, \$8.00.

Cake Bake Off

Monday August 28, 12:30pm, Kitchen

Win Blue Ribbon awards for the tastiest cake and the best decorated! Leave your cake at the Front Desk.

Birthday Party Pot Luck

Tuesday, August 29, 12:00pm, Teaching Kitchen

Indicate in the Event Book what delicious dish you will bring. Put them in the Conference Room between 8:30am - 11:30am. Meet in the lobby.

Book Club

Monday, Aug 28, 11:45am Conf. Room

See the Coffee Table Book for the title of the book.

Keep Up To Date With Events For August!

Check the Event Book for events and updates. Stop by the Healthy Living Center to keep up to date with events. Remember to let the Front Desk know if your contact details change.