



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2018

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

PLAY Y-I-GO! YOU COULD WIN A GRAND PRIZE VALUED OVER \$1,000!



Keep yourself fit and healthy during the summer months by playing the Y's version of Wellness BINGO! Complete a variety of social, physical and mental activities during June, July and August and you could win our **Y-I-GO! Grand Prize**. Pick up your **Y-I-GO!** card from your Y branch the week of **May 28TH**. Speak to your Healthy Aging Coordinator about the details and rules. The grand prize will be announced in June's *InMotion* Newsletter.

ON MAY 30th NON-MEMBERS AGE 60 & BETTER CAN USE THE Y FOR FREE

Your Healthy Aging Coordinator is working hard to bring you a day of exercise demonstrations, lectures, and vendors in celebration of **National Senior Health & Fitness Day**. On Wednesday, May 30th Y's across Florida's First Coast will be open **FREE** of charge for non-members age 60 and better. Invite friends and neighbors to enjoy the fellowship at the Y. See the **back of your branch's newsletter** for the program of events.



NOW AT THE BROOKS and DYE CLAY Y!

The AETNA Lifestyle Cooking Series is now offered at the Brooks Y on Saturdays and at the Dye Clay Y. During May chefs from Chuy's Tex-Mex will demonstrate "**Recipes That Help You Stay Active**". The cooking series is **FREE** and open to the community. Join us at the Dye Clay Y on **Thursday May 10; 12:30pm - 2:00pm**, or at Brooks Y on **Saturday May 19; 10:00am - 11:30am**. Visit firstcoastymca.org for other class dates and locations.

Y MEMBERS! GET 20% OFF UNF CLASSES

Creative Mosaic, Practical Self-Defense, How to Use Your Smartphone Video Camera, and Beginner Digital Photography classes are being offered by UNF instructors at Brooks Y and Winston Y. Members receive 20% off classes at these locations. Sign up at the Y or at www.firstcoastymca.org/unf

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FLAGLER VOLUNTEERS

Visit Jen Negron at the Welcome Center for more information. THANK YOU new member, **Ann Murry** for signing up to volunteer!

BROWN BAG BOOK CLUB!

Friday, May 11

The **second Friday of each month** join us for a Book Club discussion at 12:30pm! **May Book: *The End We Start From.*** Visit our Facebook page for the book of the month.

SALAD BAR POTLUCK

**Thursday, May 17
12:30 PM**

Enjoy lettuce from the grow tower during our monthly Salad Bar Potluck. Please sign up for the topping(s) that you plan to share at the Welcome Center.

SILVER REWARDS YOU COULD WIN!

Participate in the monthly Silver Rewards drawing and you could win great prizes ranging from gift cards to massages. And each card is entered into the annual Grand Prize drawing and invitation to the Cloud 9 Party.

**Congratulations to our April Winner:
Pam Piscitelli!**

CLASS SCHEDULE

AOA DANCE

Monday, 10:30 am

AOA Stretch & Tone

Monday, 11:30 am

SILVER SNEAKERS CLASSIC

Tuesday, 10:30 am

CHAIR YOGA

Wednesday, 11:30 am

Line Dancing

Thursday, 11:30am

**Try something NEW!
SILVERSNEAKERS BOOM
Wednesday, 10 AM**

IT'S NEW! SILVERSNEAKERS BOOM IS HERE



This class will have you building muscles to support your active lifestyle and aid in the prevention of bone loss. And the music is reminiscent of the decades from the 60's to today's best hits. Join our instructor, Agnes for this great strength-building class **every Wednesday at 10 am.**

SPECIAL SATURDAY CLASS: ARIEL YOGA

Saturday, May 19 9 am – 1 pm

Aerial Yoga has so many benefits, including increasing flexibility, spinal alignment and posture, spinal decompression and nourishment of the lymphatic system.

The class incorporates yoga, pilates, acrobatic and strength-building.

Only 25 people can participate in this unique one-day class. Visit the Welcome Center for additional information.



NATIONAL SENIOR HEALTH AND FITNESS

WEDNESDAY, MAY 30

9 AM – 12 NOON

Bring a GUEST that is not currently a member of the Y and receive a **FREE GIFT!**

9 AM	FREE Health Assessments
10 AM	Try SilverSneakers BOOM
11:30 AM	Chair Yoga
12:30 PM	"Lettuce Wrap You" Cooking Demonstration with Gladys

