



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2018

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

YOU CAN WIN WITH Y-I-GO!

Y-I-GO! is an interactive challenge to encourage Y Members Age 50 and Better to be physically active and socially engaged during the summer months of June, July and August.

Challenge yourself to complete various activities. Each completed card will be entered into the **Grand Prize valued at over \$1,000!** You can play one card per month with **up to 6 chances to win!**



3	9	5	7	1
7	6	1	2	8
4	1		5	6
8	5	6	1	3
6	2	4	9	5

PRESENTED BY



Read the back of the official Y-I-GO! Card for a complete list of rules. Pick up your Y-I-GO! Card at the Welcome Center.

The Grand Prize package includes a \$600 gift card to Native Sun and a \$400 gift card to Walmart. Native Sun is a locally owned natural food market with 3 locations in Jacksonville. Their mission is to "improve people's lives through the products we carry and the food that we serve." For more information about Native Sun, please visit their website at NativeSunJax.com.

Jen Negrón, Welcome Center Leader
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CONNECT WITH US
FirstCoastYMCA.org



STAY BRAIN-FIT DURING THE SUMMER

Join us for another great class in our BRAINFIT series presented by Brookdale. The June subject is "Strategies to Improve Memory and Attention", available at the following Y locations:

- Brooks**
Friday, June 8th at 12:45pm
- Winston**
Tuesday, June 12th at 12:00pm
- Dye Clay**
Tuesday, June 19th at 12:00pm
- Williams**
Friday, June 22nd at 12:45pm

FIESTA AT SEA ONLY 5 CABINS LEFT!



Sail on Royal Caribbean **Brilliance of the Seas** from October 29th – November 3rd. We have 4 inside cabins (\$676 per person) and 1 Ocean View (\$704 per person) remaining. Rates include roundtrip ground transportation, Pre-Cruise Party, Y T-shirt and an onboard activity. We will cruise to Key West, and Cozumel, Mexico. Contact Alice Brown at **AAA Travel** at alicebrown@aaasouth.com (904)565-7722 ext. 3360.

SAVE UP TO 40% OFF YOUR MEMBERSHIP!

Do you have a Y Senior Membership? Then **refer a friend to join the Y. YOU and YOUR friend can receive 20% OFF your membership!** Ask the Y staff at the Welcome Center for details.

FLAGLER VOLUNTEERS

We need you! Visit Jen Negrón at the Welcome Center for more information.

SALAD BAR POTLUCK

**Thursday, June 14
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 May Winner: Marilyn

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.**

BROWN BAG BOOK CLUB!

Friday, June 8

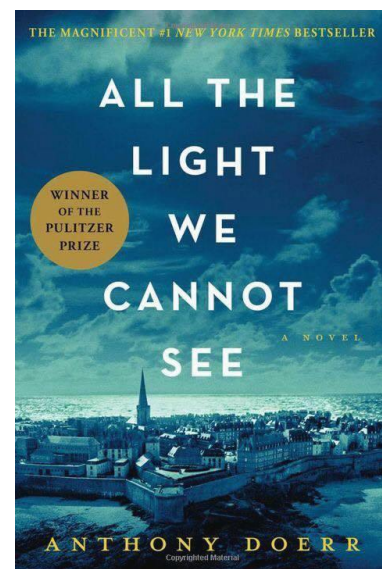
12:30 PM

2nd Floor Round Table

The **second Friday of each month** join us for a Book Club discussion at 12:30pm!

June Book: All the Light We Cannot See

Visit the Flagler Center Y Facebook page for the book of the month.



Grab your Y-I-GO! Card from the Welcome Center and you get a FREE reusable shopping bag from Island Doctors! When you complete the activities and turn in your card, you will be entered to win a \$600 Gift Card from Native Sun and a \$400 gift card to Wal-Mart.