



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

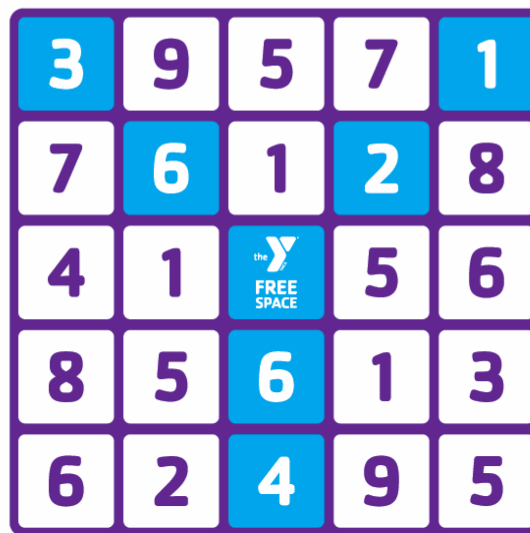
June 2018

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

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!**



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.

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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.

EVENTS

Yoga for Survivors
Thursdays
June 7-28
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 other members with the use of gentle and safe yoga practice.

Ask the Expert:
“Smoothies & Juicing”
Tuesday, June 12th
12:00pm/ HLC

Have you heard the buzz about smoothies and juicing? Have you wondered how good these are for you or how much hidden sugar may be in them? Join Kelly Schooley, registered Dietician/Nutritionist as she gives us the nutritional facts about this popular craze.



AGE 50 & BETTER CLASS SCHEDULE:

FUNCTIONAL FITNESS

Monday, Wednesday
10:45am

SILVER SNEAKERS

Tuesday, Thursday
10:45am

PICKLEBALL

Tuesday 1:00pm - 3pm
Thursday 1:00pm - 3pm

STEP & SCULPT

Wednesdays 8:30am

AQUA FITNESS

Monday - Thursday
9:15am - 10:15am

AQUA YOGA

Friday 9:15 - 10:15am

LINE DANCING

Tuesdays 2:15 - 3:00pm
Friday 1:30 - 2:15pm

CHAIR YOGA

Friday 10:45 - 11:30am

BOOM FITNESS

Friday 8:30 - 9:30am

Lunch & learn, National Cremation Society, End of Life Arrangements

Thursday, June 7th 12:00pm: FREE

Join your friends at the YMCA for lunch and learn something new! Laurie Levine from the National Cremation Society of Jacksonville will host this informative talk about end of life arrangements. **Lunch will be provided** and many hard to ask questions will be answered. **RSVP in the event binder at the Welcome Center.**



National Cremation
SOCIETY®

Ask the Expert: Finding Your Balance

Tuesday, June 26th 12:00pm

Ponte Vedra YMCA Healthy Living Center

Do you ever find yourself avoiding activities because you are afraid of falling? Don't live in fear of the fall!

Join **Bruce Cathcart, PT** with Baptist Health's Age Well Center for Senior Health to learn the ways you can prevent falling and find your balance as you age.



AgeWell
Center

Changing Health Care for Good.®