



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2018

DYE CLAY Y; 3322 MOODY AVE, ORANGE PARK, FL 32065

SPRUCE UP SALADS FOR SUMMER

Join us for another great class from our Lifestyle Cooking Series sponsored by AETNA. During July, chefs from Publix Aprons Cooking School and Chuy's Tex- Mex will present "No More Boring Salads: Mix Up Your Greens!" is available at 5 Y locations:

St Augustine

Thursday, July 12 at 2:00 pm

Williams

Monday, July 16 at 1:00 pm

Dye Clay

Thursday, July 19 at 12:30 pm

Brooks

Saturday, July 21 at 10:00 am

Baptist North

Wednesday, July 25 at 11:30 am



Seating is limited. RSVP at the Welcome Center or FCYMCA.org

DON'T MISS OUT ON A GRAND PRIZE VALUED AT \$1,000

You have until August 31 to participate in **Y-I-GO!**, the Y's summer activity challenge for Age 50 and Better Members. **With each completed card**, you'll be entered into the Grand Prize drawing for a \$600 gift card to Native Sun (a natural food market) and a **\$400 gift card** to **Walmart**. Only one entry per month. Pick up your Y-I-GO! card at the Welcome Center.



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

SPONSORED BY



YEELHAW!

★ LINE ★ DANCING ★

Join dancers from Y's across Florida's First Coast for the **2018 Line Dance Extravaganza**. We'll kick up our heels on October 20th from 11 am to 4 pm at the Winston YMCA (221 Riverside Avenue). **Register by August 1, and you'll receive a fun Y-towel!** The cost is \$10 for members, \$15 for non-members and \$5 for children 13 years and under. Register at the Welcome Center at any Y or FCYMCA.org. For more information, call 904.355.1436, extension 8.



If you have attended the Y over 108 times during the year, then you're invited to join us at the 3rd Annual Cloud 9 Party. The event will be held on **Friday, October 26** at the **Alhambra Theatre at 11 am**. It's promising to be a party to remember with entertainment, awards, prizes and a delicious lunch.

Kristi Schmerhorn, Healthy Aging Coordinator
P (904) 272-4304 E kschmerhorn@fcymca.org

CONNECT WITH US
FirstCoastYMCA.org



SOCIAL EVENTS

KNITTING & CROCHETING

Every Wednesday & Friday,
9:00am
Conference Room.
Beginners welcome

PICKLEBALL

Every Monday, Wednesday &
Friday,
12:00pm – 2:00pm
Fridays are learn to play
clinics!

PRAYER GROUP

Every Tuesday, 11:00am,
Conference Room.

CULTURE CLUB

"England's Bath & York"
Friday, July 27th 12:00pm,
Studio B

Join us for this 30 minute
DVD presentation. We'll
sample food from England
and draw for door prizes.
Please sign up at table in
lobby!

MOVIE MATINEE

Thursday, July 5th
12:00pm, Studio B
"I Can Only Imagine"

Popcorn, water and sweets
provided!

50 & BETTER SHARE LUNCH WITH CAMPERS

Friday, July 20th
12:30pm, Teen Center
Come share pizza and ice
cream with the summer
campers and share stories
and let's play bingo!

THRASHER-HORNE

Friday, July 20th, 8:00pm
Tickets: \$35.70



CLASS SCHEDULE

BETTER BALANCE

EVERY TUESDAY, 11:00AM

SILVERSNEAKERS CIRCUIT

EVERY MONDAY & WEDNESDAY,
10:45am

SILVERSNEAKERS CLASSIC

EVERY TUESDAY & THURSDAY,
10:00am
EVERY FRIDAY, 10:30am

SILVERSNEAKERS YOGA

EVERY MONDAY, 11:30am
EVERY WEDNESDAY & FRIDAY,
11:30am

ZUMBA GOLD

EVERY MONDAY, 10:30am
EVERY FRIDAY, 9:30am

GENTLE YOGA

EVERY WEDNESDAY,
9:15am

LINE DANCING

EVERY THURSDAY, 11:00am

TAI CHI

EVERY MONDAY, 11:30am
EVERY WEDNESDAY,
10:30am

SILVER SPLASH

EVERY WEDNESDAY,
9:30am

AQUA ZUMBA

EVERY TUESDAY, 10:15am

AQUA

EVERY SATURDAY, 10:15am

BRAINFIT BY BROOKDALE AT THE Y, LUNCH & LEARN

Tuesday, July 24th at 12:00pm, Studio B

"Ways to Calm the Brain and Cope with Stress"

Join Brookdale's experts each month for informative,
interactive and fun sessions that teach life-long lessons for
brain-healthy living. A light lunch will be provided. **Please
sign up at the 50 & Better table in the lobby!**

ISLAND DOCTORS' LUNCH & LEARN

Thursday, July 26th at 11:30am

"How to Prevent Heart Disease"

Change your odds with this great
educational Lunch and Learn presented
by **Dr. George Sadowski** with Island Doctors.
Learn about the various types of cardiovascular
diseases, including Atherosclerosis, arrhythmias,
and heart failure. RSVP at the table in the lobby.



AETNA LIFESTYLE COOKING SERIES

Thursday, July 19th at 12:30pm,
Studio B

"No More Boring Salads: Mix Up Your Greens"

Join Chef Lionel from Publix's
Apron's Cooking School for an
informative cooking demonstration!
Please sign up at table in lobby!

