



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2018

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

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



★ 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.

Jen Negron, Welcome Center Leader
P 904-370-9622 E jnegron@fcymca.org

CONNECT WITH US
FirstCoastYMCA.org



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.

MASSAGE THERAPY!

Don't forget we have our massage therapist here every Wednesday from 9am-1pm! Ask the Y staff at the Welcome Center for details.

SILVER REWARDS YOU COULD WIN!

Participate in the monthly Silver Rewards Card drawing and you could win great prizes, ranging from gift cards to massages.

Each card is entered into the annual Grand Prize drawing at the Cloud 9 Party.

Congratulations to our June Winner: Deborah

SALAD BAR AND 1ST FRIDAYS RESUME IN AUGUST!!

Be sure to check in with the Welcome Center for dates for when we will get back to hosting our Salad Bar Potluck and our 1st Friday Event at Flagler!!!

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, July 13

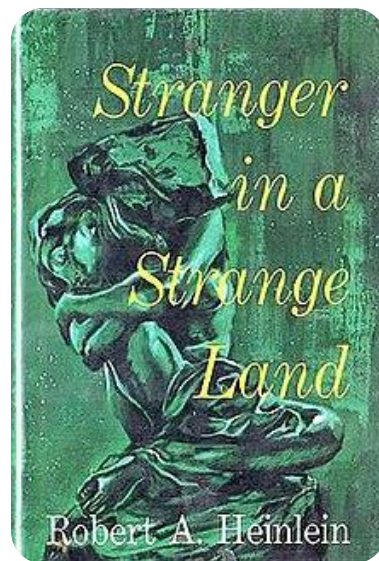
12:30 PM

2nd Floor Round Table

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

July Book: Stranger In A Strange Land

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.