



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2018

MCARTHUR YMCA: 1915 CITRONA DR. FERNANDINA BEACH, FL 32034

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



★ 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.

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

SPONSORED BY



KARINA GILCHRIST, Member Experience Director

P 904.261.1080 F 904.261.6003 EMAIL kgilchrist@fcymca.org

CONNECT WITH US
FirstCoastYMCA.org



SOCIAL EVENTS

Mahjong

Mondays and
Tuesdays at 1:00 pm

Bingo with Susan

Sunday, July 15th
2:30 pm.

Invite a friend!

Line Dancing

Now at the Y

Tuesdays at 2:00 pm
and Wednesdays at
6:30 pm

Silver Rewards Card

Visit the Y 9 times a
month and you could
win a prize. Pick up
your **Silver
Rewards Card** at
the Welcome Center
to track your visits

Knitting Club

Every Thursday at
1:00 pm

Walking Club With Pattee Boler

Every Monday at
8:00 am.
Meet at the Y



CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday at 11:40 am

SILVERSNEAKERS CLASSIC

Tuesday at 11:40 am

SILVERSNEAKERS CLASSIC

Wednesday at 11:40 am

SILVERSNEAKERS CLASSIC

Friday at 11:40 am

CHAIR YOGA

Thursday at 11:40 am

TAI CHAI

Tuesday & Thursday at 8:00 am

YOGA LIGHT:

Tuesdays & Thursday at 10:30 am

GENTLE STRETCH:

Monday, Wednesday, and Friday
at 9:15 am

AQUA AEROBICS

Monday through Friday
8:30 am Deep & 9:30 am Shallow
Tuesday and Thursday
4:00 pm (Combined)

Wellness Corner: July Stretch Challenge

With Robert Calija CPT, Wellness Associate

Being more flexible reduces muscle tightness and soreness, mobilizes joints, aids circulation and posture. **The American College of Sports Medicine** recommends stretching 3 times a week and holding each one for 30 seconds. **Do one or more stretches throughout July.** **Chest Opener:** Stand tall with feet underneath hips, shoulders back. Interlace your fingers behind your back. Slowly lift the arms away from your back and open up the chest muscles. Squeeze the shoulder blades together and hold. **Cross-Legged Hip Stretch:** Lie on your back, both knees bent, feet flat on the floor. Lift one leg and place the anklebone on the other leg just above the knee. Place one hand on the crossed leg and push the knee away from you feeling the stretch in your hip and hold. Repeat on the other side. **Wrist Stretch:** Sit or stand tall. Extend one arm in front of you with palm facing, fingers down. With the other hand, grasp the fingers on the back of the extended hand at the knuckles. Gently pull your hand downward and hold.

4th of July Celebration

Wednesday July 4th

12:30pm

Come join us as we celebrate the 4th of July in Red, White & Blue style. Everyone plan on wearing patriot colors and bring to share a 4th of July snack. It's a time of games and fun

