



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2018

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

## 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



**Erin Dankworth, Healthy Aging Coordinator**

P 904.543.9622 E ksobieski@FirstCoastYMCA.org

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[FirstCoastYMCA.org](http://FirstCoastYMCA.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 20<sup>th</sup> 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 3<sup>rd</sup> 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.

## EVENTS

### Yoga for Survivors

Thursdays

July 5-26

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 others with range of motion and pain limitations through a gentle and safe yoga practice.



### Ask the Expert

Tuesday, July 10<sup>th</sup>

12:00 – 1:00pm HLC

### Decoding Nutrition Labels

Join Registered Dietitian Kelly Schooley for this informational session on how to read the information on food labels. Learn how to make the best choices for whatever your health and wellness goals may be!

**Events at the HLC are free and Y membership is not required!**

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## CLASS SCHEDULE

### FUNCTIONAL FITNESS

Monday 10:00am

Wednesday 11am

### SILVER SNEAKERS

Tuesday & Thursday 11:00am

### PICKLE BALL

Tuesday & Thursday 1:00 - 3:00pm

### STEP & SCULPT

Wednesday 8:00am

### AQUA FITNESS

Monday-Thursday

9:15am

### AQUA YOGA

Friday 9:15am

### LINE DANCING

Tuesday 2:15 – 3:00pm

Friday 1:30 – 2:15pm

### “BOOM” FITNESS

Friday 8:00am

### CHAIR YOGA

Fridays 11:00am



## WE ALL SCREAM FOR ICE CREAM

Tuesday, July 24<sup>th</sup>, 12:00pm, Studio C

Beat the heat and enjoy an old-fashioned Ice Cream Social with your fellow YMCA friends! **FREE.**

**Sign-up in the event binder at the Welcome Center.**



### Healing Touch with Certified Holistic Nurse and Healing Touch Practitioner, Patty Carroscia

**Cost: \$65.00 for 60 minutes**

Healing Touch is a relaxing, nurturing energy therapy that positively influences and supports your body's natural ability to heal. **Tuesday and Friday by appointment only.**

