



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2019

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218



CLOUD9 PARTY

PRESENTED BY Florida Blue



Age 60 & Better members who attend the YMCA 120 times between 1st October 2018 and 30th September 2019 are eligible to attend Cloud 9 2019, at the Jacksonville Zoo, on October 24th. Cloud 9 is the Y's annual celebration of our Age 60 & Better members. We honor their commitment to health and wellness. Eligible members will receive an invitation to Cloud 9 shortly after September 30th. Cloud 9 party-goers will enjoy food, awards, vendor give-a-ways, and a day out at the Jacksonville Zoo! Eligible members **RSVP at the Y Welcome Center from October 1st.**

## BRAINFIT

Presented by: **Arbor Terrace**  
ORTEGA · PONTE VEDRA · SAN JOSE  
Assisted Living for Memory Loss  
An Arbor Company Community

Join experts from Arbor Terrace each month for BrainFit. Learn tips for brain healthy living! September's topic is **Train the Brain: Name That Tune**. BrainFit is available at Brooks, Ponte Vedra, Winston and Williams Y's. **RSVP at the Welcome Center or at fcymca.org. Lunch included. FREE. Non-members welcome!**

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CONNECT WITH US  
FirstCoastYMCA.org



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## IGNITE YOUR LIFE WITH A SPARK

SOCIAL CONNECTION • PURPOSE & PASSION • ACTIVITY • RECREATION • KNOWLEDGE

Spark is a group based, 6 week program, designed to help Age 50 & Better navigate midlife transitions and explore the next step of the journey. Available at the **Winston Y**; 221 Riverside Avenue, 32202. **Ph. 904.355.1436. Register at the Y**

**Welcome Desk or at**

<https://fcymca.org/spark/>

## SAVE THE DATE HEALTH INSURANCE ROADSHOW



In the pursuit of health

**The 6th Annual Health Insurance Roadshow will roll into 4 Y's during October.**

Talk with different health insurance representatives about changes to Medicare in 2020, and understand options for health insurance. **Make sure your Silver Sneakers or Renew Active membership continues to be covered by your plan!** The Health Insurance Roadshow schedule is as follows:

as follows:

**10/14:** Williams, 11am-2pm,

**10/15:** Winston, 11am-2pm,

**10/16:** Brooks, 11am-2pm,

**10/17:** Dye Clay, 11am-2pm.

## CLASS SCHEDULE

### MONDAY

5:30 am	BodyCombat Exp
8:30 am	Cycle
9:00 am	Yoga
9:15 am	BodyPump
10:00 am	Senior Cycle
10:30 am	SilverSneakers

### TUESDAY

5:30 am	BodyPump Exp
9:00 am	Cardio Blast
9:00 am	Beginner Yoga
9:30 am	SPRINT
10:00 am	BOOM
10:05 am	BodyCombat
10:30 am	SilverSneakers
11:30 am	SilverSneakers

### WEDNESDAY

5:30 am	BodyCombat Exp
8:00 am	Line Dance
8:30 am	Cycle
9:00 am	Yoga
9:15 am	BodyPump
10:30 am	SilverSneakers

### THURSDAY

5:30 am	SPRINT
8:00 am	Line Dance
9:00 am	Cardio Blast
9:30 am	SPRINT
10:00 am	BOOM
10:05 am	BodyCombat
10:30 am	SilverSneakers

### FRIDAY

5:30 am	CXWORX
8:30 am	Cycle
9:00 am	Stretching
9:15 am	BodyPump Exp
10:15 am	Zumba
11:15 am	SilverSneakers

### SATURDAY

8:30 am	SPRINT
9:00 am	BodyPump
9:30 am	SilverSneakers
	Yoga
10:00 am	BodyCombat
10:00 am	Cycle
11:00 am	Zumba

## Diabetes Prevention and Treatment Class

**Thursday, September 5<sup>th</sup>, 5:30 – 6:30 pm**

A Registered Dietitian through the Duval County Health Department will facilitate a class on reducing your risk for diabetes, as well as ways to self-manage diabetes for those who have been diagnosed.

## Ask the Expert: Hidden Harvest

**Tuesday, September 10<sup>th</sup>, 11:30 am – 12:30 pm**

Join Registered Dietitian, Kerri Napoleon, to learn about seasonal produce and how to find locally grown foods! **(Free)**

## Movie Matinee: Break Through

**Wednesday, September 11<sup>th</sup>, 12:00 pm**

Join us for a relaxing afternoon and a great movie. Popcorn and refreshments will be provided. Space is limited, so please reserve your spot at the welcome center. **(Free)**

## Chili Cook Off!

**Wednesday, September 18<sup>th</sup>, 11:30 am**

A senior sponsored event open to everyone. Please join our first Baptist North Chili Cook Off. Sign up at the welcome center to be a cook and/or to be a taste judge. **(Free)**



## 4Her Presents: Total Control-Information/ Demo Session

**Thursday, September 19<sup>th</sup>, 11:30 am – 12:00 pm**

Total Control is Baptist Health's medically based exercise program designed to help women strengthen the core muscles essential for bladder control and quality of life. Class will be held in the group fitness studio. **(Free)**

## AETNA Lifestyle Cooking Series with First Watch

**Wednesday, September 25<sup>th</sup>, 11:30 am – 1:00 pm**

Y members **AND non-members** are welcome to attend this month's cooking demo. Join chefs from **First Watch in September**. The theme is *Simple Soup and Crock Pot Recipes*. **(Free)**

## Meditation Classes

**Third Wednesday every month 10:00 am – 10:30 am**

Join Bonnie Davis in learning techniques to decrease anxiety and stress, improve working memory, and reduce emotional reactions. Open to members and non-members. **(Free)**