



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2020

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd, Orange Park, 32003

Humana.

**PROGRAMS-IN-A-BOX,
SEPTEMBER 1ST AND 15TH,
1:00 – 1:45PM**

**FREE HEALTHY LIVING EDUCATION
VIA ZOOM**

Humana has developed many great resources to help Age 50 & Better get, or stay on the path to good health. During September, **James White from Humana** will lead two educational presentations via Zoom. A drawing for a prize will be held during each presentation!

BOOST YOUR MOOD WITH FUN & FITNESS

Tuesday, September 1st

1:00pm VIA ZOOM.

Register:

https://zoom.us/meeting/register/tJAldeysqDMvEtB-1P8_4TZVSqIIP8dG4oX

SUGAR, THE NOT SO SWEET TRUTH

Tuesday, September 15th

1:00pm VIA ZOOM

Register:

<https://zoom.us/meeting/register/tJEldayspjsqHt1Ohow3-6gkPqSGf82-KA3d>

After registering, you will receive a confirmation email containing information about joining the meeting. Live registration links are available on **fcymca.org** and on the **First Coast Y's Age 50 & Better Facebook** page.



**COOKING
DEMONSTRATION
Simple Meals for One
WEDNESDAY 23RD
SEPTEMBER, 1:00PM**

The YMCA's Registered Dietician, Kerri Napoleon will host a LIVE cooking demonstration via the **Age 50 & Better Facebook page**. This demo is supported by **Humana**.

**SAVE THE DATE
VIRTUAL HEALTHCARE
ROADSHOW,
OCTOBER 5TH, 6TH, 7TH, 8TH.**

Florida Blue

In the pursuit of health[®]

The Y will host a virtual **Healthcare Roadshow**, presented by Florida Blue, from October 5th through 8th. Each day experts in health insurance will host presentations via Zoom and Facebook to help Age 60 & Better live better, and understand the resources available to them through health insurance providers.

Berta Patalan, Healthy Aging Coordinator

P 904. 278. 9622 E RPatalan@fcymca.org

CONNECT WITH US
FirstCoastYMCA.org



SEPTEMBER 2020 SOCIAL EVENTS

LUNCH & LEARN: CONVERSATIONAL SPANISH

EVERY Tuesday & Thursday in September @ 1:00PM

Join us in **Studio A** at lunch time & learn! Gain a better understanding of the Spanish Language and Culture. Learn to communicate in basic to intermediate level Spanish. Bring your own snack/lunch. Chairs provided, no tables. **This is a 6 week series that will carry into October.**

LUNCH & LEARN: BENEFITS OF WATER

Monday, September 14th @ 12:30PM

Join us in **Studio A or ZOOM** at lunch time & learn! Topic will be about the Benefits of Water as well as Understanding the difference between Heat Exhaustion & Heat Stroke! Presentation will last about 30-40 minutes with time for Q & A afterwards. Bring your own snack/lunch. Chairs provided, no tables.

MEDITATION WORKSHOP

Saturday, September 19th @ 11:00am Studio A

Join our amazing yoga instructor, **Barbe**, in a **guided meditation** workshop. This workshop will include a 30-40-minute guided meditation and an opportunity for Q & A at the end of. Participants can utilize chairs or mats during this meditation. Bring your own mat. Chairs provided.

BRAINFIT, PRESENTED BY MILLENNIUM PHYSICIAN GROUP

Thursday, September 24th @ 3:00PM Studio A

Topic: Feed Your Mind.

Join experts for an educational and interactive seminars that teach *12 Ways to Brain Fit*. This month's topic provides education about super foods and how they supercharge the brain! **Please register for this free event as space is limited. Gift card door prize drawing!** Chairs provided.

PICKLEBALL CLINIC

Saturday, September 26th @ 9:00am Gymnasium

Have you always wanted to learn how to play Pickleball? Well, now's your chance! Join us in the gymnasium for a guided Pickleball clinic to teach you the basics of Pickleball! We will have paddles to borrow for clinic participants only. Clinic is limited to up to 6 players. **REGISTER for the 9:00am time slot via the Y app, under "Extras" & "Gym Reservations".**

TECH TALK WORKSHOP

Monday, September 28th @ 12:30pm

@ 12:30pm – 1:30pm Studio A & Zoom

Let us help you use your smart phone, download apps, and connect through social media, use video call capabilities (Zoom) and more!

PLEASE **REGISTER** FOR ALL EVENTS LISTED ABOVE VIA THE **Y APP**, UNDER "**FIND A CLASS**", WITH THE EXCEPTION OF PICKLEBALL.

CLASS SCHEDULE

AQUA FITNESS

Tues/Thurs 9:00am

Fri 9:15am

Saturday 10:00am

AQUA ZUMBA

Mon/Wed 9:15am

AOA FITNESS

Tues/Thurs 2:00pm

GENTLE YOGA

Tues/Thurs 11:00am

Wednesday 6:30pm

LINE DANCING

Tuesdays @ 6:30pm

Thursdays @ 10:45am

SILVER SNEAKERS CLASSIC

Mon 10:15am

SILVER SNEAKERS CIRCUIT

Weds/Friday 10:15am

SILVER SNEAKERS YOGA

Mon/Wed/Fri 11:00am

YIN YOGA

Fridays @ 2:00pm



PICKLEBALL OPEN COURT

Monday's & Wednesday's

11am-1pm

Saturday's

10:00am -NOON

YOU MUST REGISTER for your time slot & please bring your own paddle

AGE 50 & BETTER REWARDS

Visit the **Y on 10 different days in a calendar month** and you'll be entered into a drawing for a monthly prize! Your visits will be automatically recorded every time you scan in! We'll announce the winner on our Age 50 & Better bulletin board (located in hallway outside of the gymnasium) and on Facebook!