



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2019

DYE CLAY Y 3322 Moody Avenue, Orange Park, FL 32065



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:

- 10/14:** Williams, 11am-2pm,
- 10/15:** Winston, 11am-2pm,
- 10/16:** Brooks, 11am-2pm,
- 10/17:** Dye Clay, 11am-2pm.

SOCIAL EVENTS

KNITTING & CROCHETING

Every Wednesday & Friday, 9:00am.

Conference Room.
Beginners welcome.

PICKLEBALL

Every Monday, Wednesday & Friday, 12:00pm – 2:00pm.
Fridays are learn to play clinics!

PRAYER GROUP

Every Tuesday, 11:00am,
Conference Room.

MOVIE MATINEE

“Disney’s Aladdin”

Wednesday, September 25th at 12:30pm, Studio B

Popcorn, water and sweets provided!

CULTURE CLUB

“Yellowstone National Park”

Thursday, September 19th at 12:00pm, Studio B

Join us for this 60 minute DVD presentation. We will sample food and draw for door prizes. Please sign up at the table in the lobby!

50 & BETTER MONTHLY LUNCH

Friday, September 27th at 12:30pm in Teen Center

Welcome Back! The wait is over: our monthly luncheon has returned! Come and enjoy some sliders. Bring a friend and dish to share! We will have bingo following lunch for those who care to play! Please sign up at the table in the lobby and let us know what dish you are bringing to share!

CLASS SCHEDULE

BETTER BALANCE

EVERY TUESDAY, 11:00am

SILVERSNEAKERS CIRCUIT

EVERY MONDAY & WEDNESDAY, 10:45am

SILVERSNEAKERS CLASSIC

EVERY TUESDAY & THURSDAY, 10:00am
EVERY FRIDAY, 10:30am

SILVERSNEAKERS YOGA

EVERY WEDNESDAY & FRIDAY, 11:30am

LIFESTYLE COOKING SERIES, PRESENTED BY AETNA, WITH CHUY’S

Thursday, September 5th at 12:30pm, Teen Center
“Simple Soup and Crockpot Recipes”

Sign up at table in lobby! **Heavy samples provided. FREE and OPEN TO NON-MEMBERS**

BRAIN WISE: HEALTHY, PRODUCTIVE, POSITIVE

Friday, September 6th at 12:30pm, Teen Center

Exercise & Movement Disorders with Brooks Rehab

Friday, September 13th at 12:30pm, Teen Center

Deep Brain Stimulation as a Treatment for Parkinson’s Disease with Alaine Keebaugh, PhD, Boston Scientific

Friday, September 20th at 12:30pm, Teen Center

Resources for a Healthy Brain, Panel Discussion and Q & A.

Learn how exercise and healthy living alter brain chemistry, improve physical and mental health. Join us for this 1.5 hour informative, educational presentation led by healthcare professionals and neuroscience experts. RSVP at 50 & Better Table at the Welcome Center. **FREE and OPEN TO NON-MEMBERS**

HEART HEALTH AND CHOLESTEROL LNL Presented by Humana and Island Doctors

Monday, September 23rd 12:30pm,
Teen Center

Change your odds with this **Lunch and Learn** with **Dr. George Sadowski. Lunch provided.** RSVP at 50 & Better Table at the Welcome Center. members welcome! **Open to the public. FREE!**

GENTLE YOGA

EVERY WEDNESDAY, 9:15am

LINE DANCING

EVERY THURSDAY, 11:00am

TAI CHI

EVERY MONDAY, 11:30am
EVERY WEDNESDAY, 10:30am

ZUMBA GOLD

EVERY MONDAY, 10:30am
EVERY FRIDAY, 9:30am

AQUA AEROBICS

MONDAY, WEDNESDAY & FRIDAY, 10:00am
SATURDAY, 10:15am

