



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2020

YMCA at Flagler Health+ Village | 98 Turin Terrace | St. Augustine, FL 32092



**PROGRAMS-IN-A-BOX,  
SEPTEMBER 1<sup>ST</sup> AND 15<sup>TH</sup>,  
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 1<sup>st</sup>

**1:00pm VIA ZOOM.**

Register:

[https://zoom.us/meeting/register/tJAldeysqDMvEtB-1P8\\_4TZVSqIIP8dG4oX](https://zoom.us/meeting/register/tJAldeysqDMvEtB-1P8_4TZVSqIIP8dG4oX)

**SUGAR, THE NOT SO SWEET TRUTH**

Tuesday, September 15<sup>th</sup>

**1:00pm VIA ZOOM**

Register:

<https://zoom.us/meeting/register/tJEldeyspjsqHt1Ohow3-6gkPqSGf82-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.

**Amy Brinkley:** Healthy Aging Coordinator  
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**CONNECT WITH US**  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



**COOKING  
DEMONSTRATION  
Simple Meals for One  
WEDNESDAY 23<sup>RD</sup>**

**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 5<sup>TH</sup>, 6<sup>TH</sup>, 7<sup>TH</sup>, 8<sup>TH</sup>.**



In the pursuit of health<sup>®</sup>

The Y will host a virtual **Healthcare Roadshow**, presented by Florida Blue, from October 5<sup>th</sup> through 8<sup>th</sup>. 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.

## CLASS SCHEDULE at Flagler Health+ Village

### Pilates

Mondays at 10:30 a.m.  
Studio B

### Silver Sneakers

Mondays at 12:00 p.m.  
Studio A

### BodyFlow

Tuesdays at 10:30 a.m.  
Studio B

### Silver Sneakers

Tuesdays at 2:00 p.m.  
Studio A

### Pilates

Tuesdays at 6:00 p.m.  
Studio B

### Vinyasa Yoga

Wednesdays at 9:00 a.m.  
Studio B

### Gentle Yoga

Wednesdays at 10:30 a.m.  
Studio B

### Evening Flow Yoga

Wednesdays at 6:00 p.m.  
Studio B

### Pilates

Thursdays at 10:30 a.m.  
Studio B

### Silver Sneakers

Thursdays at 12:00 p.m.  
Studio A

### BodyFlow

Thursdays at 6:00 p.m.  
Studio B

### Silver Sneakers

Fridays at 12:00 p.m.  
Studio A

### Vinyasa Yoga

Saturdays at 8:15 a.m.  
Studio B

## YOU COULD WIN!

Participate in our YMCA monthly **Age 50 & Better Rewards** drawing, and you could win great prizes! Visit 10 times (on separate days) and get your punch card validated with each visit!

[FirstCoastYMCA.org](http://FirstCoastYMCA.org)

## SPECIAL EVENTS

### TECH TALK!

**Come any time on Mondays and Wednesdays between 10:30 a.m. – 12:00 p.m.**

Are you having difficulty accessing online classes and workshops, or need help with using the Y app and making reservations? Are you interested in learning more about using social media to connect with the Y, your family, and friends? Visit us on any Monday or Wednesday during the month of August between the hours of 10:30 a.m. and 12:00 p.m. to meet with staff who can help you with your technology needs – all while wearing masks and staying socially distanced! ***\*If you need technology assistance and these dates or times don't work, then just call us ANY time at 904-500-9622, ext. 8 to schedule a better time to meet.***

### CHECK OUT THE AGE 50 & BETTER FACEBOOK GROUP!

Did you know that your First Coast YMCA has a Facebook Group dedicated to Age 50 & better members?! If you have a Facebook account, join this group to access live classes, get information in on-line offerings, and register for special events!

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## SEPTEMBER STRETCHING CLASS!

**What:** Learn how to give back to your body with some basic and easy functional stretches! You will learn how to stretch in a chair or on a mat (your choice!) to target muscles and connective tissues all throughout your body! **These classes will be IN PERSON and limited to 12 socially-distanced participants, with safety measures in place.**

**Reservations are required and can be made on our app or online...and are open now!**

**When:** EVERY Friday in September!!

**Time:** 10:30 – 11:30 a.m.

**Where:** Studio B at your Flagler Health Village YMCA

**Who:** ALL members' ages and 50 and better may attend!

**\*\*Please bring your own mat!\*\***

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## DON'T FORGET...! RESERVATIONS ARE NEEDED FOR CLASSES AND SOME EVENTS!

Due to capacity limitations, we require reservations be made for all of our in-person classes and some special events. Reservations can be made via our app (**FCYMCA, available on your smartphone**) or our website (**fcymca.org/schedules**). Reservations can be made 24 hours prior to class start time; for special events, reservations may open a bit earlier than 24 hours prior.

**Need help with this technology?! COME SEE US!** We will be available to answer your technology questions every Monday and Wednesday from 10:30 a.m. – 12:00 p.m.!!