



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2019

FLAGLER CENTER FAMILY YMCA | 12735 Gran Bay Parkway, Suite 201 | Jacksonville, FL 32258



**Age 60 & Better members who attend the YMCA 120 times between 1<sup>st</sup> October 2018 and 30<sup>th</sup> September 2019 are eligible to attend Cloud 9 2019, at the Jacksonville Zoo, on October 24<sup>th</sup>.** 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 30<sup>th</sup>. 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 1<sup>st</sup>.**

## 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](http://fcymca.org). Lunch included. FREE. Non-members welcome!**

**Jordan O'Neal, Welcome Center Leader**

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CONNECT WITH US  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## 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 6<sup>th</sup> 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.

## UPCOMING SEPTEMBER

### FLAGLER SALAD BAR POTLUCK

Join us for the "freshest" salad and meet and greet some great members. Check the Welcome Center for day and time.

### WILLIAMS Y EVENTS: AOA DANCE PARTY

Monday 8:00am – 8:45am

### WATER FITNESS

Monday, Tuesday,  
Wednesday, Thursday,  
Friday & Saturday  
9:00am – 10:00am

### AOA TONE

Tuesday  
6:00am – 6:45am

### AOA CARDIO SCULPT

Tuesday 11:45am –  
12:30pm  
Thursday 12:30pm –  
1:15pm

### AOA PILATES

Thursday 6:00am –  
6:45am

## CLASS SCHEDULE: AT FLAGLER

### AOA DANCE

Monday, 10:30 am

### SILVER SNEAKERS CLASSIC

Tuesday, 10:30 am &  
Thursday at 10:00am &  
Friday at 11:30am

### SOUL BODY BARRE

Tuesday at 10:30am &  
5:30pm/Friday at 9:30am

### CHAIR YOGA

Wednesday, 11:30 am

### LINE DANCING

Thursday, 11:30am

### SILVERSNEAKERS BOOM

Wednesday, 10:00 am

### ZUMBA

Friday at 10:30am

### AGE 50 & BETTER YOU COULD WIN!

Participate in the monthly Age 50 & Better Rewards drawing, and you could win great prizes, ranging from gift cards to massages.

### WILLIAMS Y CLUBS: 10415 San Jose Boulevard;

**BIBLE STUDY** – Friday's | 10:30 am

**CARDS 'N GAMES MONDAYS** at 10:00am

**RUMMI CUBE 1<sup>st</sup> and 3<sup>rd</sup> WEDNESDAYS** at 10:00am

**Walking Club** Monday at 10:30am

## BROWN BAG BOOK CLUB! AT FLAGLER

The **second Friday of each month** join us for a Book Club discussion at 12:30pm!

Visit the **Flagler Center Y Facebook** page for the book of the month.

**GROOVIN WEDNESDAY  
MIXED FRUIT SMOOTHIE**  
Wednesday, September 4, 2019  
At 10:30am



## FRIDAY FREE HUGS AT FLAGLER

**Action Speaks Louder than Words**

Sometimes, a hug is all what we need!

**SPREAD LOVE  
INSPIRE CHANGE  
BRING AWARENESS**

CONNECT WITH US



FirstCoastYMCA.org