



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2019

MCARTHUR YMCA | 1915 CITRONA DR, FERNANDINA BEACH, FL

Presented by



HEALTHY BONES: FREE LUNCH AND LEARN

Tuesday, July 23 | 1:00 PM

VENUE: HUMANA BUILDING: 9965 San Jose Blvd.
Jacksonville, FL 32257

**FREE. OPEN TO ALL Y MEMBERS & NON-MEMBERS
LUNCH INCLUDED**

Healthy lifestyle habits helps to keep our bones strong. But, if we don't get the **right type of exercise, or eat right**, our bones get brittle or break, leading to lasting health problems. The good news is it's never too late to take care of your bones.



Learn about **bone disorders including osteoporosis**, if you're at risk, and what you can do to make your bones healthier at this lunch and learn with Island Doctors.

RSVP: at the YMCA Welcome Center, email cwatson-irving@fcymca.org, or register at

<https://fcymca.org/programs/health-wellness/age-50-and-better/>

About Island Doctors. Island Doctors is a Medicare Advantage practice of primary care physicians, with 46 locations throughout Florida. Island Doctors **accepts traditional Medicare patients and Humana Gold** (Medicare Advantage Plan). Unlike most doctors, Island Doctors has same day walk-in visits and in-house medical screenings. To schedule a tour call: **(877) 434-4676**.

KARINA GILCHRIST, Member Experience Director

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CONNECT WITH US
FirstCoastYMCA.org



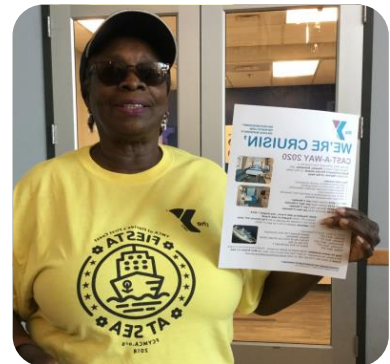
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Keep physically active and socially engaged during July and August by playing Y-I-GO!, the Y's version of wellness BINGO. Complete a variety of challenges and you could **win a \$50, \$150 or \$300 Publix Gift Card**. Pick up a **Y-I-GO!** card at the **Welcome Center** through **August 31st**. Speak to your Healthy Aging Coordinator about the rules.

CRUISE 2020

April 20 - 24, 2020



Join the Y for a 5 day/4 night cruise to **Nassau, Bahamas, and Royal Caribbean's Private Island**, on the newly refurbished **Mariner of the Seas**. Prices start at \$610. Deposit due August 7th. **Open to non-members**. Bus included! To learn more and reserve your spot, call **Alice Brown** at **AAA Travel**, (904) 565-7722 ext. 336.

alicebrown@autoclubgroup.aaa.com.

SOCIAL EVENTS

Mahjong

Mondays and Tuesdays at 1:00 pm.

B-I-N-G-O with Susan

Cancelled for the Summer. Resumes in September

Line Dancing

Tuesday at 2:00 pm and Wednesday at 6:30 pm

Age 50 and Better Rewards Card:

Visit the **Y 10 times a month** and you could win a prize. *Pick up your 50 & Better Card at the Welcome Center to track your visits.*

June Winner: To Be Drawn

Knitting Club

Every Thursday at 1:00 pm

Walking Club with Pattee Boler

Every Monday at 8:00 am. Meet at the Y!

SUMMER ACTIVITY CHALLENGE MONTH 2

Y-I-GO! Is an interactive challenge designed to encourage **Silver Sneakers & Renew Active Y**

members to stay physically active and socially engaged during the summer months of June, July and August. Grab your card at the Welcome Center, or see Darlene or Karina for any questions. Completed cards turned in at the end of the month will be entered into a drawing **for Publix Gift Cards!**

CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday at 11:40am
Tuesday at 11:40am
Wednesday at 11:40am
Friday at 11:40am

BALANCE&STABILITY

Tuesday & Thursday at 1:00pm

CHAIR YOGA

Thursday at 11:40am

TAI CHI

Tuesday & Thursday at 8:00am
Monday at 12:45pm

GENTLE YOGA

Tuesday & Thursday at 10:30am

GENTLE STRETCH

Monday, Wednesday, and Friday at 9:15am

AQUA AEROBICS

Monday, Wednesday and Friday:
8:00am, Deep and 9:00am, Shallow
Tuesday *8:30am Aqua Stretch*
4:00pm Combined Deep & Shallow
Thursday *8:30am Deep*
4:00pm Combined Deep & Shallow
Saturday *9:15am Aqua Boot Camp*

AOA M, W, F at 8:00am and 10:30 am

WELLNESS CORNER: Steps Toward a Healthier Lifestyle

With the Y's Robert Calija, CPT, Wellness Associate

Step tracking has become a popular approach toward seeking a healthier lifestyle. According to the **American College of Sports Medicine (ACSM)**, achieving 7,000 steps or higher per day may lead to healthier blood pressure and weight, enhanced brain function, and higher quality of life. The good news is you don't need one of these devices to get healthier! In 2018, the **Physical Activity Guidelines Advisory Committee (PAGAC)** performed a scientific study and reported a brisk walk for 10 minutes was equivalent to 1,000 total steps. Someone who doesn't exercise, typically takes 3,000-5,000 steps per day. By adding a 20-30 minute brisk walk, you'll achieve the recommended number of steps to get even healthier.

Choose at least one of the following challenges to celebrate the independence holiday: 7-4-19

- Perform **7,000 steps** or more **per day**
- Try to accomplish **7,000 steps** or more for at least **4 days per week**
- Try to accomplish **7,000 steps** or more for at least **19 days of the month**

Christmas in July! Wednesday July 24 at 12:45 pm

Please bring your favorite holiday dish and a misfit item from your house for a gift exchange. If you have no misfits, a new item \$5 or under may be brought for the exchange. **Santa may make an appearance! Holiday attire optional.**

