



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2020

MCARTHUR YMCA | 1915 CITRONA DR, FERNANDINA BEACH, FL

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/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.



**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.

DARLENE WALLACE, Healthy Aging Coordinator

P 904.261.1080 F 904.261.6003 EMAIL dwallace@fcymca.org

**CONNECT WITH US
FirstCoastYMCA.org**



SOCIAL EVENTS

Line Dancing

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

Age 50 & Better Rewards Card Program

Visit the **Y on 10 separate days during August** you could win some awesome Y merchandise. *Pick up your Age 50 & Better Rewards Card at the Welcome Center and track your visits.*

August's Winner:
Yet to be drawn.

Introducing the GRATEFUL PROGRAM:

Silver Sneakers and Renew Active members, invite someone to join the Y, and when they sign-up you'll receive a beautiful Grateful shirt. It's our way of saying we're grateful for you!



CLASS RESERVATIONS:
You must reserve your spot for both land and water Group Ex classes. Download the FCYMCA app on your phone. Open and create an account. Click on "**Find a Class**" for classes and choose your class. Click the **Book Now** green button at the bottom of your screen.

Classes are available to book 24 hours in advance and close one hour before the class start time.

CLASS SCHEDULE

SILVERSNEAKERS CLASSIC: GYM

Monday at 11:30 am
Monday at 2:00 pm
Tuesday at 12 Noon
Wednesday at 11:30 am

BALANCE & STABILITY: GYM

Tuesday at 1:00 pm

STABILITY AND STRETCH: GYM

Thursday at 12 Noon

NEW CLASS

SILVERSNEAKERS ENERCHI: GYM

Friday at 12 Noon

TAI CHI: STUDIO A

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



BRAINFIT, PRESENTED BY MILLENNIUM PHYSICIAN GROUP

FRIDAY SEPTEMBER 18 AT 1:00 PM, IN THE GYM.
TOPIC: FEED YOUR MIND
FREE CLASS

Join fellow Y members for this educational presentation, presented by *Millennium Physician Group*. Learn about super foods that super charge the brain!

A drawing will be held for a \$25 gift card for participants in attendance. *RSVP is required at the Welcome Center, or online at fcymca.org.* Class size is limited to 25. Masks required. Register soon to ensure your spot!

GENTLE YOGA: GYM

Tuesday at 11:00 am
Thursday at 10:30 am

GENTLE STRETCH: GYM

Wednesday at 9:15 am

AQUA AEROBICS: POOL

Monday, Wednesday and Friday
8:00 am and 9:00 am
Tuesday at 8:00 am & 4:00 pm
Thursday at 8:30 am & 4:00 pm
Saturday 9:00 am Aqua Boot Camp

AOA

Monday and Wednesday at 8:00 am
Friday at 10:30 am

Presented by:

MILLENNIUM
PHYSICIAN GROUP