



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2019

MCARTHUR YMCA | 1915 CITRONA DR, FERNANDINA BEACH, FL



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



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

Mahjong

Mondays and Tuesdays at 1:00 pm.

B-I-N-G-O with Susan

Cancelled for the Summer
Resumes in October

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.*

August Winner:

Yet 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!

SAVE THE DATE:

Friday Sept. 13

9:00 am – 2:00 pm

7th Annual Senior Expo & Health Fair

Nassau County Council on
Aging's 2019 Senior Expo &
Health Fair.

Venue: Atlantic Recreation Center

Auditorium, 2500 Atlantic
Ave, Fernandina.

Visit over 60 exhibitors, get
important information to
enhance your life and well-
being.

CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

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

BALANCE&STABILITY

Tuesday at 1:00 pm

BALANCE/STABILITY AND STRETCH: **NEW**

Thursday at 12 Noon

TAI CHI

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

GENTLE YOGA

Tuesday & Thursday at 10:30 am

GENTLE STRETCH

Monday, Wednesday, and Friday at
9:15 am

AQUA AEROBICS

Monday, Wednesday and Friday:

8:00 Deep and 9:00 am Shallow

Tuesday 8:30 am Aqua Stretch

4:00 pm Combined Deep & Shallow

Thursday 8:30 am Deep

4:00 pm Combined Deep & Shallow

Saturday 9:15 am Aqua Boot

Camp

AOA MWF at 8:00 am & 10:30 am

WELLNESS CORNER: STEPS TOWARD A

HEALTHIER LIFESTYLE: Exercise In A Pill

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

If exercise were in a pill form, what would it look like and how much would it cost?

The answer to that question is simple, it's free and looks like a positive idea with a process of taking action.

The acute side effects include sweating, swollen muscles, the releasing of endorphins, and the increasing of resting heart rate. The chronic side effects would consist of strengthened bones & muscles, more energy, better sleep, improved cognitive function, weight management, quality aging, lowered blood pressure, lowered risk for long term disease, and improved activities of daily living.

Doctor: The American College of Sports Medicine (ACSM)

Quantity: Unlimited

Cost: FREE

Dosage: Perform at least 150 minutes of physical activity or 75 minutes of moderate to vigorous planned physical activity (exercise) per week.

- Strength training: 2-3 times per week nonconsecutive days
- Cardiovascular training: 3-5 times per week
- Flexibility training: 2-3 times per week

LET'S START TODAY!