



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2019

PONTE VEDRA FAMILY YMCA | 170 Landrum Lane | Ponte Vedra Beach, FL 32082



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



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

EVENTS

Ask the Expert

"Hidden Harvest"

Tues, September 17th

12:00 pm to 1:00 pm

Join YMCA registered Dietician Kelly Schooley, to discuss ways to use seasonal produce and where to find locally grown foods. **(FREE)**

Talk with the Doc

"The Buzz about Blood Sugar"

Tues, September 10th

12:00 pm to 1:00 pm

Join Kelly Rich, MD with Baptist Primary Care to learn about the latest research in Diabetes, when to be concerned about your blood sugar, preventing and managing diabetes, common myths and more. **(FREE)**

Lunch Bunch

Friday, October 18th

9:30am-1:30pm

"Hooray for Hollywood"

Let's all go to the Symphony! The bus will arrive at the YMCA at 9:30a. It will take us to the Symphony where we will enjoy the show at 11:00a. Lunch at a nearby restaurant will follow! Join us for a great time out with community and friends!

Please sign up in our AOA Binder at the Welcome Center.

CONNECT WITH US



FirstCoastYMCA.org

CLASS SCHEDULE

FUNCTIONAL FITNESS

Monday 11:00am

Wednesday 11:00am

SILVER SNEAKERS

Tuesday & Thursday 11:00am

PICKLEBALL

Tues/Thurs

9:00a-12:00p

CARDIO SCULPT

Wednesday 8:00am

LINE DANCING

Tuesday 1:30 – 2:30pm

Friday 1:30 – 2:30pm

"BOOM" FITNESS

Friday 8:00am

CHAIR YOGA

Fridays 11:15am

AQUA FITNESS

Monday-Thursday

9:15am

LIFESTYLE COOKING SERIES

YMCA OF FLORIDA'S FIRST COAST

FREE LIFESTYLE COOKING SERIES, PRESENTED BY AETNA

**Thursday September 12th, 11:30am - 1:00pm,
Teen Center**

Learn **Simple Soup and Crock Pot** recipes to help enjoy scrumptious fall meals. **Samples provided. RSVP** at the **Welcome Center**, online at fcymca.org, or email cwatson-irving@fcymca.org. **OPEN TO NON MEMBERS**

FREE BRAIN FIT SERIES, PRESENTED BY ARBOR TERRACE

Train the Brain: "Name that Tune"

**Tuesday September 24th, 12:00pm – 1:00 pm,
Studio C.**

Open To The Public. LUNCH INCLUDED.

Join experts from Arbor Terrace for informative sessions that teach life-long lessons for brain healthy living. In September they will lead a presentation on how music trains the brain and improves health. **RSVP at the Welcome Center**, online at fcymca.org or email cwatson-irving@fcymca.org.