



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2019

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | St. Augustine, FL 32080



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

Sign up for ALL EVENTS in the **Young @ Heart Binder at the Front Desk.**

PICKLEBALL

Monday

7:00am – 9:00am

Wednesday & Friday

8:00am – 10:00am

Tuesday & Thursday

12:30pm – 2:30pm



LUNCH BUNCH

**Thursday, Sept 26th
2:00pm**

Panama Hatties

A1A Beach Blvd.

St. Augustine Beach.

All welcome. Newly Reopened

Enjoy Food and Fellowship.



CLASS SCHEDULE

SILVERSNEAKERS

CLASSIC

Monday, Wednesday & Friday
12:45pm

CHAIR YOGA

Tuesday & Thursday
12:45pm

FLOW YOGA

Monday, Wednesday, Friday
11:30am

GENTLE YOGA

Saturday, 12:00pm

TAI CHI

Monday & Thursday
3:15pm

REFIT DANCE FITNESS

Monday & Wednesday
10:30am

RESTORATIVE YOGA

Sunday, 3:30pm

LUNCH & LEARN & SCREENING WITH DR. HARTLEY

Thursday, September 12th 2:00pm

**Topic: Healthy Brain and Spine
Lunch Provided.**

FREE and OPEN TO THE PUBLIC

Learn healthy lifestyle habits, and how these are the keys to active aging. Doctor Hartley will cover balance and decreasing fall risk.



Dr. Hartley is trained to find and treat the cause of your problem, not just the manifesting symptoms. Our clinic focuses on restoring the integrity of your nervous system, allowing your body to truly begin healing, without possibly harmful drugs or surgery.



FUN EVENT

Pet & Pups Surf Contest

Saturday, September 28th 9-11 am

Behind Guy Harvey Resort, A1A Beach Blvd., St. Augustine Beach

