



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2019

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202



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!**

Fredda Renshaw, Healthy Aging Coordinator

P 904.355.1436 ext 1411 E frenshaw@FirstCoastYMCA.org

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.

CLASS SCHEDULE

MONDAY

DEEP WATER FITNESS

8:30-9:30AM

WATER FITNESS

10:00-10:50AM

SS CIRCUIT

9:00 -9:45AM

SS CIRCUIT

10:30- 10:45AM

TUESDAY

AQUA YOGA

8:00-8:50AM

WATER FITNESS

9:00-10:00AM

SS CLASSIC

9:00-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

WEDNESDAY

DEEP WATER FITNESS

8:30-9:30AM

WATER FITNESS

9:00-10:50AM

SS CLASSIC

9:00-9:45AM

LINE DANCING

10:00 - 10:45AM

THURSDAY

AQUA YOGA

8:00-8:50AM

SS CLASSIC

9:00AM-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

SILVER BARRE

12:15-12:45PM

FRIDAY

DEEP WATER FITNESS

8:30-9:30AM

SS-CIRCUIT

9:00AM - 10:00AM

LOW IMPACT DANCE

STUDIO A

10:35-11:35

BOWLING

THURSDAY, NOVEMBER 29

KING PIN LANES

MEET AT LANES, 1:00PM

5310 LENOX AVE

GAMES \$1.39 EACH

SOCIAL EVENTS

Please check the Healthy Living Centers: Baptist and Florida Blue schedules for their monthly events

TELL A STORY FACT OR FICTION

Wednesday, September 4, 10:00am,

In the Conference Room by the lockers.

Snacks will be served.

VOLLEYBALL

Tuesday, September 10, 10:00am, Gym.

BRAINFIT PRESENTED BY BY ARBOR TERRACE FREE AND LUNCH PROVIDED.

Tuesday, September 10, 12:00 Noon, Kitchen

Topic: Train The Brain: Name That Tune!

Learn how music enhances brain health.

Register at front desk Maximum participants 30

LADIES BREAKFAST FOR 60 AND OLDER ACTIVE OLDER ADULT GROUP

Wednesday, September 11, 10:30am, Kitchen

OLD FASHION HYMN SING AT TERRY PARKER BAPTIST CHURCH- FOLLOWED BY GOING TO GOLDEN CORRAL ON MERRILL RD

Thursday, September 12, 10:00-11:30am

Let Us Support Bob Brown-he has invited us several times

Terry Parker Baptist Church

7024 Merrill Rd

BIRTHDAY PARTY FOR THE 50 & BETTER

Thursday, September 19, 10:00am. Meet in the lobby

FREE!

BOOK CLUB

Monday, September 23, 11:00am, Conference Room

Book: *The Devil in the White City* by Erik Larson

