



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2017

ARLINGTON FAMILY YMCA | 10131 Atlantic Boulevard | Jacksonville, FL 32225

ALL AGES

ONE *Amazing* ADVENTURE

Through a generous grant from Y-USA and AARP, the Florida's First Coast Y was selected to create a program that would unite generations, cultures and communities while exposing them to wellness. The result was the All Ages: One Amazing Adventure event on Saturday, November 4th. This event challenged teams to work together to navigate through downtown Jacksonville by completing a series of physical and mental challenges. There were 54 participants who walked nearly one million steps in total and ages ranged from age 30 to 88.

Feature below is the winning team from the Brooks Family Y, *Brooks Because*. Representing *Brooks Because* is Daniel Hofacker, Ana Ng, Carl Simcox, Lisa Lynch, Gezil Andrews, and Michael Reed. The team finished the race in 4 hours and 24 minutes.



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OUR FINAL GOODBYE TO MICAH



GET REWARDED!



Receive **12** punches on your special edition "12 days of Fitness" Silver Rewards Card in the month of December and be entered to win a **\$40 gift card to First Watch**. One Gift Card awarded per Y location.

NEW SERIES IN JANUARY
Aetna Lifestyle Cooking Series and **Brookdale BrainFit** will take place every month at select Y locations starting in January.

SOCIAL EVENTS

The Holiday Festival for Seniors, aged 60 and better
Saturday, December 2
2pm to 5pm at the Prime Osborn Convention Center
Cost: 5\$ per person



SILVER SNEAKERS REWARD CARD WINNER

November's Winner Was Margie Owen

Earn 9 Punches On Your Silver Rewards Card Per Month And You Could Win A Prize!



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OUR SUCCESS

Line Dance Extravaganza Success!

A big thank you to Kim, our instructor, she remarked that all who attended "showed up and showed out" on the floor! A special thank you to those that donated baked goods for our bake sale fund raiser and to those board members that went above and beyond to assure everyone's needs were met.



Seniors Out To Lunch Success!

This was the last out to lunch bunch affair for Arlington. We had a great turnout of 33 people. This was a chance for the group to also say goodbye to Kelly, our SilverSneaker instructor. She has impacted lives at the Arlington Y for twelve years. She will be going on to work with JEA.



Meet the Arlington Y Ambassador, Ms. Charlotte

Charlotte joined the Y in 2004 when it was located on Fort Caroline Road. She has been a supporter from day one and loves the Y, so much so that she compares it to be her second family. She left the Y two years ago to have surgery which was thought to be a two month absence, but sadly turned into a two year absence. She recently came back and resumed her ambassador duties and will be there until the doors to Arlington close.

