



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

January 2018

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | Fleming Island, FL 32003

FIESTA AT SEA WITH THE YMCA!



Calling all people age 50 and better who enjoy sunshine, crystal blue waters and fun! Join us as we set sail on the Royal Caribbean's "**Brilliance of the Seas**". We depart from Tampa Port on October 29th. During this five day cruise, we will visit Key West before setting sail for Cozumel, Mexico. We return to Tampa on November 3rd. Rates are **\$650 per Y member** and **\$750 for non-members**. Prices are based on double occupancy. Port fees, taxes, Gratuities, roundtrip ground transportation, cruise T-shirt and Pre-Cruise Party are included in the rate. There are only 28 cabins available. Book your stateroom today!

WELCOME OPTUM FITNESS ADVANTAGE MEMBERS!

From 1st January 2018 the First Coast YMCA is accepting Optum Fitness Advantage. Plan holders of an eligible Medicare Advantage Plan insured by United Healthcare Co. can use Y at no cost. To check eligibility call the toll free number on the back of your health insurance card and for more information, visit fitnessadvantage.optum.com

Kayla Van Bebber, Healthy Aging Coordinator
P (904) 278-9622 E k@fcymca.org

CONNECT WITH US
FirstCoastYMCA.org



SAVE THE DATE

Brain Awareness Week
March 12th – 16th.

WINTER UNF CLASSES AT THE Y

What better way to pass the winter days than learning a new skill at the Y! UNF's Winter Catalogue of Continuing Education classes is now available. Four Y locations will offer 15 unique classes, including Smartphone Filmmaking to Creative Mosaics, Photography and Kayaking. Classes start from \$25 per session.

The 100th Y member to register for a UNF class at a Y location will receive a \$100 UNF gift card.

Pick up a catalogue at a participating Y branch, view it online and register at, firstcoastymca.org/unf/ or visit the Welcome Desk.



SOCIAL EVENTS

LUNCH BUNCH GROUP Maple Street Biscuit Company

Friday, January 12th
11:30am

Bring a friend and meet a new one.

BRAIN TEASER

In the group of letters below, cross out six letters so that the remaining letters without altering their order, will spell a familiar word.

**B S A I N X L E A T
N T E A R S**

PICKLEBALL OPEN COURT

Tues/Thurs/Fridays
11:00am-2:00pm

NATIONAL HAT DAY!

January, 15th

Wear your hat on Monday, January 15th and be entered in to win a prize!



CONNECT WITH US



FirstCoastYMCA.org

CLASS SCHEDULE

AOA CARDIO

Tuesday, 11:15am

AOA STRENGTH

Thursday, 11:15am

AQUA FITNESS

Mon/Wed/Fri/Sat, 10:00am

CHAIR PILATES

Wednesday, 10:00am

GENTLE YOGA

Tuesday, 11:00am, 6:30pm

Friday, 8:00am

SILVERSNEAKERS CLASSIC

Monday/Thursday, 10:00am

SILVERSNEAKERS CIRCUIT

Tuesday/Friday, 10:15am

SILVERSNEAKERS YOGA

Monday/Wednesday, 11:00am

TAI CHI

Saturday, 10:30am

YIN YOGA

Tuesday 12:00pm

Friday 7:30am

ZUMBA GOLD

Tuesday/Thursday, 10:15am

BAKED POTATO BAR LUNCHEON

Friday, January 12th, 12:00pm

Join us on for a Hot Potato Bar luncheon. We will provide the potatoes! Bring your favorite topping or dessert to share!



National Life Group, Lunch and Learn

Financial Fitness

Monday, January 15th, 12:30pm, Conference Room

This is the first of three educational seminars National Life Financial Group is hosting at the Barco Newton Y during the winter. They will share tips about how to get financially fit for 2018 and what it means to be financially healthy.

POLAR PLUNGE

Monday, January 1st, 9:00am

Dive into the New Year with our Polar Plunge! After the dive, join us for refreshments on the pool deck! Brrr.

Please note there will be no Aqua at the time because of the Plunge!

AETNA Lifestyle Cooking Series

Smart Choices When Eating Out

Monday January 11th, 12:30pm, Conference Room

It's hard to eat out and stay on track financially AND not gain weight! Chuy's Tex-Mex Restaurant share insider tips on how you can stay on goal and on budget in the first of this series. They will also share a Tex-Mex recipe that is tasty without being too indulgent! Perfect for January.