



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2018

McArthur Family Y | 1915 Citrona Drive | Fernandina Beach, FL 32034

CELEBRATE YOUR HEALTH

Join 100,000 adults in the US and Y's across Florida's First Coast on **Wednesday, May 30th** as we celebrate **National Senior Health & Fitness Day**. The goal of the day is to provide information and resources so people age 60 and better can stay active and healthy. Enjoy a day at the Y filled with exercise demonstrations, lectures, health screenings, vendors and more.



Invite friends, family and neighbors to this fun-filled day of activities! The member with the most guests will win a T-shirt. On May 30th, we are offering **FREE use of the Y** for those over the age of 60 who are not Y members. See your Healthy Aging Coordinator for details.



LET'S PLAY Y-I-GO!

Keep yourself fit and healthy during the Summer months by playing the Y's version of Wellness BINGO! Complete a variety of social, physical and mental activities during June, July and August and you could win our **Healthy Aging Y-I-GO Grand Prize!**

Y-I-GO cards will be available at Y branches in May. Read the upcoming May issue of *InMotion* for further details.

SHIP AHOY



Join the Y on the Royal Caribbean's **Brilliance of the Seas**. From October 29 – November 3, we will cruise to Key West and Cozumel, Mexico. Departure and return is from Tampa. Cabins are **\$650 for Y Members** and **\$750 for Non-Members**. Rates include round-trip ground transportation, Pre-Cruise Party, Y T-shirt and onboard Cabin Crawl party. **BOOK BY APRIL 23** with Alice Brown of **AAA Travel:**

alicebrown@aaasouth.com
(904)565-7722 ext. 3360.

SATURDAY COOKING SERIES AT BROOKS

AETNA has added the **Brooks Y** as a fifth Y location for its' popular cooking series. Join **Chuy's Tex-Mex** on **Saturday April 21 at 10:00am – 11:30am. RSVP** at the Welcome Center, or email; cwatson-irving@fcymca.org. The series is **FREE** and open to the community. All ages are welcome to attend.

CONNECT WITH US
FirstCoastYMCA.org



SOCIAL EVENTS

Mahjong

Monday 1:00 pm &
Tuesdays at 1:00 pm.

**Beginner's class starts
February 5th.**

Bingo with Susan

Sunday, April 13th,
2:30 pm

Invite a friend!!!

Line Dancing now at the Y

Tuesdays, 2:00 pm and
Wednesdays, 6:30 pm.

Silver Rewards Card

Get your card today.
Complete 9 visits to the Y
each month and you will
be eligible to win a prize!

March's Winner:

Teresa Nichols

Knitting Club

Every Thursday,
1:00 pm.

Walking Club with Pattee Boler, at the Y

Every Mondays,
10:00 am.



CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday, 11:40 am

SILVERSNEAKERS CLASSIC

Tuesday, 11:40 am

SILVERSNEAKERS CLASSIC

Wednesday, 11:40 am

SILVERSNEAKERS CLASSIC

Friday, 11:40 am

CHAIR YOGA

Thursday 11:40 am

TAI CHAI

Tuesday & Thursday, 8:00 am

YOGA LIGHT

Tuesdays & Thursday, 10:30 am
new location off site

GENTLE STRETCH

Monday, Wednesday and Fridays,
9:15 am. **New location off site.**

AQUA AEROBICS

Monday thru Friday
8:30 am Deep & 9:30 am Shallow

24th Annual Shrimp Festival 5K Run/Walk

Saturday, May 5, 8:00 am, Main Beach, Fernandina Beach.

All Y members, family and friends and the community are invited to participate! Proceeds provide swim lessons for underserved individuals and families, and help support under-resourced youth in our area. The Y's Kidzone will be available to look after children aged 3 to 7 years during the race.

Race details:

- 5K Shrimp Run, ages 7 and up, 8:00 am.
- 5K Shrimp Walk, ages 7 and up, 8:05 am.
- 1 Mile Katie Caples Memorial Run, ages 12 and Younger, 8:45 am.
- 1/2 Mile Popcorn Shrimp Run, ages 8 and Younger, 9:00 am.



Lunch Outing

Friday, April 13 at 12:30pm

Come and join us for lunch! We will be going to Cantina Louie's for some fabulous Mexican food, and the best part is you don't have to cook or clean up! There will be sign-up sheet in Studio A so we can make reservations.

For more information see Raylene or Darlene.

