



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

January 2018

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | Fernandina Beach, FL 32034

## 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 29<sup>th</sup>. During this five day cruise, we will visit Key West before setting sail for Cozumel, Mexico. We return to Tampa on November 3<sup>rd</sup>. 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](http://fitnessadvantage.optum.com)

**Darlene Wallace, Healthy Aging Coordinator**  
P 904.261.1080 E [kgilchrist@fcymca.org](mailto:kgilchrist@fcymca.org)

CONNECT WITH US  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## SAVE THE DATE

**Brain Awareness Week**  
March 12<sup>th</sup> – 16<sup>th</sup>.

## 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 100<sup>th</sup> 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/](http://firstcoastymca.org/unf/) or visit the Welcome Desk.



## SOCIAL EVENTS

### Mahjong

Monday 1:00 pm &  
Tuesdays at 1:00 pm  
**Beginner's class starts  
February 5th**

### Bingo

**Bingo with Susan**  
Sunday, December 14th  
at 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! Visit  
the Y 9 times a month  
and you could draw for a  
prize!

### Winner of Drawing:

Coleen Baker

### Knitting Club

Every Thursday at 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

---

## Soup and Sandwich Potluck

### Wednesday January 12, 12:30 pm

What a better way to spend a cold afternoon than with friends here at the "Y" enjoying a luncheon with soup and sandwiches. Bring a small tray of your favorite sandwiches **OR** a pot of your favorite hot soup to share with everyone. A sign-up sheet will be placed in Studio A.

### Guests are welcome.

For questions see  
Raylene or Darlene.



---

## Stability and Balance

### Join Darlene every Tuesday, 1:00 pm in Studio AIP

This practical class focuses on improving balance and stability skills. An experienced and qualified instructor will guide you through exercises that improve muscular strength, power, agility, balance and coordination.

