



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2018

PONTE VEDRA FAMILY YMCA | 170 Landrum Lane | Ponte Vedra Beach, FL 32082

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.

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CONNECT WITH US
FirstCoastYMCA.org



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.

EVENTS

Yoga for Survivors

Thursdays

April 5 - 26

11:30am | HLC

This class is taught by an experienced yoga instructor, certified by the Christina Phipps Foundation. The instructor will guide cancer patients, survivors and others with range of motion and pain limitations, through a gentle and safe yoga practice.

Ask the Expert:

“Breaking Down Diets”

Tuesday, April 17

12:00pm/ HLC

Join Registered Dietician/Nutritionist Kelly Schooley and learn about the different types of "fad" diets on the market. Learn how they can only provide short-term solutions, and what "diet" you should follow instead.

Coming soon:

“Dining Out the Healthy Way”

Tuesday, May 8

12:00pm/ HLC

Kelly Schooley will help us learn to navigate restaurant menus, what to look for, and what to avoid!

AGE 50 AND BETTER CLASS SCHEDULE:

FUNCTIONAL FITNESS

Monday, Wednesday,
10:30am

SILVER SNEAKERS

Tuesday, Thursday,
10:30am

PICKLEBALL

Monday, 10:00am – 12:00pm
Tuesday, 10:00am – 1:30pm
Wednesday, 10:00am – 12:00pm
Thursday, 10:00am – 12:30pm

STEP & SCULPT

Wednesdays,
8:30am

AQUA FITNESS

Monday – Thursday,
9:15am – 10:15am

LINE DANCING

Tuesdays, 2:15 – 3:00pm
Friday, 1:30 – 2:15pm

CHAIR YOGA

Friday, 10:45 – 11:30am

BOOM Fitness

Friday, 8:30 – 9:30am

JACKSONVILLE SYMPHONY COFFEE SERIES

Bruckner Symphony No.7

Friday, April 6 | Depart, 9:30am from PV YMCA for an 11:00am concert

Enjoy the Jacksonville Symphony Coffee series with friends from the Y! Experience the sounds of Bruckner's Symphony No. 7, followed by lunch.

Transportation is included. Cost of lunch is NOT included. Only \$50 per person/\$55 non-Member. **Sign up at the Welcome Desk by Monday, March 26** to reserve your seat, space is limited. Sorry, no refunds after March 26.



LUNCH & LEARN

Reading Food Labels with Florida Health Care Plans

Tuesday, April 10th / 11:45am – 12:45pm

Ponte Vedra Y, Conference Room

Reading nutritional facts on food labels is a basic skill that is often overlooked, but is essential to maintain a healthy body. Learn from experts how to decipher food labels and make better choices. No fee, but space is limited. Sign-up in the Event Binder at the Welcome Center.

