



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2018

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | St. Augustine, FL 32080

## PLAY Y-I-GO! YOU COULD WIN A GRAND PRIZE VALUED OVER \$1,000!



Presented by **island DOCTORS**

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 **Y-I-GO! Grand Prize**. Pick up your **Y-I-GO!** card from your Y branch the week of **May 28<sup>TH</sup>**. Speak to your Healthy Aging Coordinator about the details and rules. The grand prize will be announced in June's *InMotion* Newsletter.

## ON MAY 30<sup>th</sup> NON-MEMBERS AGE 60 & BETTER CAN USE THE Y FOR FREE

Your Healthy Aging Coordinator is working hard to bring you a day of exercise demonstrations, lectures, and vendors in celebration of **National Senior Health & Fitness Day**. On Wednesday, May 30<sup>th</sup> Y's across Florida's First Coast will be open **FREE** of charge for non-members age 60 and better. Invite friends and neighbors to enjoy the fellowship at the Y. See the **back of your branch's newsletter** for the program of events.



**Brandi Otis, Healthy Aging Coordinator**  
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CONNECT WITH US  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## NOW AT THE BROOKS and DYE CLAY Y!

The AETNA Lifestyle Cooking Series is now offered at the Brooks Y on Saturdays and at the Dye Clay Y. During May chefs from Chuy's Tex-Mex will demonstrate **"Recipes That Help You Stay Active"**. The cooking series is **FREE** and open to the community. Join us at the Dye Clay Y on **Thursday May 10**; 12:30pm – 2:00pm, or at Brooks Y on **Saturday May 19**; 10:00am – 11:30am. Visit [firstcoastymca.org](http://firstcoastymca.org) for other class dates and locations.

## Y MEMBERS! GET 20% OFF UNF CLASSES

Creative Mosaic, Practical Self-Defense, How to Use Your Smartphone Video Camera, and Beginner Digital Photography classes are being offered by UNF instructors at Brooks Y and Winston Y. Members receive 20% off classes at these locations. Sign up at the Y or at [www.firstcoastymca.org/unf](http://www.firstcoastymca.org/unf)

**LEARN** Continuing Education Courses  
**JACKSONVILLE**



## SOCIAL EVENTS

### Pickleball

Monday  
7:00am – 9:00am  
Wednesday & Friday  
8:00am – 10:00am  
Tuesday & Thursday  
12:30pm – 2:30pm

### Learn to Play

#### Pickleball

Every Wednesday  
9:00am – 10:00am



## LUNCH BUNCH GROUP MAY 14th

Thursday, May 24th  
2:00 pm

### Casa Maria Authentic Mexican Restaurant

Once a month we travel to some of the best hidden local spots. Enjoy some great food while meeting some fellow Y Members!



### Casa Maria Authentic Mexican Restaurant

1001 A1A Beach Blvd.  
(Publix Plaza)  
St. Augustine 32080

## CLASS SCHEDULE

### SILVERSNEAKERS

**CARDIO FIT**  
Monday, 9:00am

### SILVERSNEAKERS

**CLASSIC**  
Monday, Wednesday & Friday  
12:45pm

### CHAIR YOGA

Tuesday & Thursday  
12:45pm

### GENTLE YOGA

Monday, Wednesday, Friday  
11:30am  
Saturday, 12:00pm

### AOA

Tuesday & Thursday  
10:30am

### TAI CHI

Monday & Thursday  
3:30pm

### REFIT DANCE FITNESS

Monday & Wednesday  
10:30am

### RESTORATIVE YOGA

Sunday, 3:30pm

### INTRO TO CYCLE

Tuesday, 10:45am  
(1<sup>st</sup> Tuesday of every month)

## Aetna Lifestyle Cooking Series: You Are What you Eat; Recipes to Help You Stay Active

Thursday May 3rd 2 - 3:30pm,

Join chefs from **Chuy's Tex-Mex** as they demonstrate recipes that will keep you energized and ready for physical activity. **Sign-up** at the front desk in the Young @ Heart Binder. This event will be held in the Discovery Zone Portable conference room.



*"Active Today...Healthier Tomorrow!"*

## National Senior Health & Fitness Day

Wednesday, May 30th, 9:30am – 2:45pm

Multiple vendors & booths set up out front (AETNA, Florida Blue, Florida Telecommunications Relay, Community Hospice, Humana and more. **Florida Blue is hosting Lunch & Learn at 1:45pm -2:45pm.** (In the Group Ex room on the Wellness Floor)

## Bingo with Brandon from AETNA

Thursday May 17<sup>th</sup> 2-3pm

Please be sure to sign up at the front desk in the Young @ Heart Binder if you plan to attend. (This event will be held in the Discovery Zone Portable conference room.)