



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2017

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

SCHOOL IS IN FOR SUMMER



“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.” — Henry Ford

You can learn everything from digital photography to kayaking to self-defense. The Y has partnered with the University of North Florida Continuing Education/LEARN Jacksonville to offer fun and exciting enrichment classes at various Y locations. For your convenience, you can experience an array of classes at 6 Y locations.

A new class offered over the summer includes “Food for Life: The Cancer Project”. The class is for anyone who has or had cancer, at high risk for cancer or has a general interest in learning the correlation between nutrition and cancer.

Y members receive a **20% discount** on classes held at Y locations. Register at any Y or online at FirstCoastYMCA.org/UNF. Summer catalogs are also available at participating Y locations. Interested in teaching a class? Contact Valerie Murphy at valerie.murphy@unf.edu or (904) 620-4255.

Brandi Otis, Healthy Aging Coordinator
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CONNECT WITH US
FirstCoastYMCA.org



PRIZES AND PARTY



Over the age of 65, then we want to “card you”! Get your Silver Rewards card and every time you visit the Y, we will stamp your card. Each month that you turn in your card, you become eligible to win the annual grand prize from Black Hog Farms. And in October, you are invited to join us for the **CLOUD 9 PARTY** to celebrate your success.

GRANDS AT THE Y



For only \$30 per month, **bring your grandkids** with you to the Y. Enjoy your workouts while your grands spend up to 2 hours each visit in our KidZone learning, growing and letting their imaginations soar!

SOCIAL EVENTS

Pickleball

Mondays, Wednesdays & Fridays
8:00 am – 10:00am

Tuesday and Thursday
12:30 pm – 2:30 PM

Learn to Play Pickleball

Wednesdays
9:00 AM – 10:00 AM

NEW SUMMER CLASSES!

Aqua Aerobics

Saturday
9:00 AM
Monday - Friday
11:45 AM – 12:45 AM

LUNCH BUNCH GROUP

**Friday, June 23
2:00 PM**

Be a part of the St. Augustine YMCA Lunch Bunch Group! Once a month we travel to some of the best hidden local spots. Enjoy some great food while meeting some fellow Y Members!

June Restaurant

Maker's Melt
1835 US 1 South,
Suite 127
St. Augustine, FL 32084
(in the Marshall's shopping plaza)

Visit the Welcome Center for more information and to sign-up for events.

CLASS SCHEDULE

SILVERSNEAKERS CARDIO FIT

Monday
9:00 AM

SILVERSNEAKERS CLASSIC

Monday, Wednesday and Friday
12:45 PM

SILVERSNEAKERS YOGA

Tuesday and Thursday
12:45 PM

GENTLE YOGA

Monday, Wednesday, Friday
11:30 AM

Saturday
12:00 PM

AOA

Tuesday and Thursday
10:30 AM

TAI CHI

Monday and Thursday
3:30 PM

REFIT DANCE FITNESS

Monday & Wednesday
10:30 AM

RESTORATIVE YOGA

Tuesday 6:15 PM
Sunday 3:30 PM

INTRO TO CYCLE

Thursday 9:30 AM
(1st Thursday of each month)

THERAPEUTIC STRETCH

Friday 10:30 AM

BOARDGAME AND BINGO WEDNESDAY

Wednesday, June 7 | 2PM

We will take you back to your competitive gaming days with games like dominoes, scrabble, hearts, and bingo! Please bring food and drinks to share with your fellow gamers.

VISION IS PRICELESS SCREENING

Monday, June 19 | 11AM-2PM

Receive a free vision screening courtesy of Vision Is Priceless. The screening provides clients with information about their acuity scores and they also provide free reading glasses, education and referral for the clients they screen.



FACEBOOK FRIDAYS

**Friday, June 30
2:00PM**

This day is also known as Social Media day! So what better time to learn more tips and tricks to master your social media presence? We will be updating the St. Augustine 50 and Better Facebook Page as well.

