



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2018

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

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.

Brandi Otis, Healthy Aging Coordinator
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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.

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

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



April's Restaurant

Anastasia Kitchen
April 26th, 2:00pm
900 Anastasia Blvd.
St. Augustine 32080

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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
(1st Tuesday of every month)

BINGO WITH BRANDON

Thursday, April 12th, 2:00pm - 3:00pm

Hosted by Aetna. Come have some Bingo fun and make some new friends.

ADVANCED CARE PLANNING CLASS WITH KATE RAY FROM COMMUNITY HOSPITAL

Thursday April 5th, 2:00 – 3:30pm

Take time to plan ahead so future health care challenges don't create conflict and unnecessary worry. Peace of mind comes when you have had a conversation about goals, beliefs and experiences and make your wishes known in advance.

AETNA LIFESTYLE COOKING SERIES

Thursday, April 19th, 2:00 – 3:30 pm

Full of Beans! How to Cook Veggie Protein

Hosted by Chuy's Tex-Mex

Are you vegetarian, or would you like to learn more about how to cook with vegetable based protein to make your food budget go further? Join chefs from Chuy's Tex-Mex for an informative cooking demonstration. They will teach you the secret to making beans tasty and a nutritious alternative to meat. **RSVP at the Welcome Center to reserve your seat.**

