



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

January 2018

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

## 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)

## 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.



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



## 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 Thursday, January 25<sup>th</sup>, 2:00pm

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



**January's restaurant is Obi's Fillin Station**  
590 A1A Beach Blvd, St. Augustine, FL 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 Smart Choices When Eating Out



Thursday 4<sup>th</sup> January, 2:00 – 3:30pm

AETNA is partnering with Publix Aprons Cooking School and Chuy's Tex-Mex Restaurant to present an educational series on healthy cooking. Within the one hour session, chefs will demonstrate delicious recipes that incorporate healthy food options to accommodate every lifestyle.

January is the first demo. Chuy's Tex-Mex will share hints and tips to make eating out a breeze, and showcase a classic Tex-Mex dish that will help you stick to your New Year's resolutions!

The event is free and open to the public. Bring a friend!

### Presentation: 12 Tips for Weight Loss

Thursday, January 11<sup>th</sup>, 2:00pm, Kidzone Portable Conference Room

Reaching and maintaining a healthier weight is important for your overall health and well-being. At the Y, we're here to support your wellness journey so that you can get to a healthier weight. **Director of Healthy Weight and Nutrition, Ashley Gramatges** will share 12 Tips for Weight Loss, and talk about Nutritional Services the Y provides to help you on your wellness journey.