



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2017

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | Fernandina Beach, FL 32034

## TAKE OVER IN TALLAHASSEE! FLORIDA SENIOR DAY

Join citizens throughout Florida in Tallahassee for the **Florida Senior Day**. Members and guests will enjoy a Town Hall Meeting, complimentary lunch, tours, exhibit booths and entertainment throughout the Florida State Capital buildings.



Luxury-coach transportation provided. We are on a mission to have fun, meet great people and represent Floridians who are age 65 and better.

### Wednesday, March 29

- 6 AM Departure to Tallahassee from Winston Family Y
- 10 AM | Senior Town Hall Meeting
- 11 AM | Entertainment at the State Capitol Complex
- 11:15 AM - 12 Noon | Florida Senior Day Luncheon
- 10 AM - 2 PM | Capitol Tours
- 2:30 PM | Depart to Jacksonville

\$30/Member or \$40/Non-Member

Visit the Welcome Center to reserve your seat or register online at [FirstCoastYMCA.org](http://FirstCoastYMCA.org).

## CAMP FOR BOOMERS AND BEYOND May 19 - 21

Camp is not just for kids! If you are age 50 and better, then enjoy three days of fun, laughs, adventure and s'mores at the Y Camp Immokalee in Keystone Heights, Florida. Registration is now open.

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



## EXERCISE YOUR BRAIN

Research has shown that seniors who were cognitively active were **2.6 times less** likely to develop Alzheimer's Disease and Dementia than those who were not. Visit your Healthy Aging Coordinator about activities planned for **Brain Awareness Week** (March 13 -19).



The answers to the February "brain workouts" are below.

### WORKOUT #1

Rough and gray as rock,  
I'm plain as plain can be.  
But hidden deep inside there's  
great beauty in me.

What am I?

ANSWER: Oyster

### WORKOUT #2

What are the next two numbers  
in this series: 2, 9, 16, 23, ...

ANSWER: 30 and 37

Activity provided by the  
"Squigly's Brain Teaser".

## SOCIAL EVENTS

### Mahjong

Monday 1pm &  
New Time  
Tuesdays at 1pm

### Bingo

#### Bingo with Susan

Saturday, March 18th at  
11:30 am. Invite a friend  
to workout with you and  
play Bingo!



### SILVER REWARDS

Get your card today to be  
eligible to win a prize for  
the month after completing  
9 visits.

#### Winner of January:

## CLASS SCHEDULE

### SILVERSNEAKERS CLASSIC

Monday, 11:40 am

### SILVERSNEAKERS CLASSIC

Tuesday, 11:40 am

### SILVERSNEAKERS CLASSIC

Wednesday, 11:40 am

### SILVERSNEAKERS CLASSIC

Friday, 11:40 am

### CHAIR YOGA

Thursday 11:40 am

### TAI CHAI

Tuesday & Thursday, 8:00 am

### YOGA LIGHT

Tuesdays & Thursday, 10:30 am

### GENTLE STRETCH

Monday, Wednesday and Fridays,  
9:15 am

### AQUA AEROBICS

Monday thru Friday  
8:30 am Deep & 9:30 am Shallow

## ST. PATRICK'S DAY POTLUCK AND CONTEST

Friday, March 17 | 12:30 pm

Come join us as we celebrate St. Patrick's Day. Bring our favorite St. Patrick's Day dish to share with everyone and be sure to dress in your favorite green attire. A prize will be awarded for the best "Green St. Patrick's Day Attire". A sign-up sheet will be placed in Studio A so you can indicate what you are planning to bring to the potluck. If you have any questions, please see Raylene or a Silver Sneakers instructor.



## MUNCH AND LEARN: BLOOD PRESSURE

Wednesday, March 22 | 12:30 pm

Join us for a 30 minute presentation on the importance of Blood Pressure presented by Regina Brenna, RN. Ask Regina any questions pertaining to blood pressure. If time permits, Regina will also be taking blood pressures.

