



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2017

PONTE VEDRA FAMILY YMCA | 170 Landrum Lane | Ponte Vedra Beach, FL 32082

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.

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.

Kerry Sobieski, Healthy Aging Coordinator

P 904.543.9622 E ksobieski@FirstCoastYMCA.org

CONNECT WITH US
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".

EVENTS

Surviving & Thriving Series

Mondays 12- 1pm

Join us in the Healthy Living Center for this 3 part series that empowers survivors to thrive through cancer and beyond.

Topics to be covered are:

- 3/6 "How to Reframe the Negative and Cope with Change"
- 3/13 "Choosing Cancer Fighting Foods"
- 3/20 "Writing Your Next Chapter"

Friends & Family CPR Wednesday, March 15 6-9 pm

This American Heart Association course will give you a hands on practice of CPR and what to do in the event of choking.

\$25 class fee

Yoga for Survivors Thursdays

**March 2 - 30
11:30 am | HLC**

This class is taught by an experienced yoga instructor certified by the Christina Phipps Foundation. The instructor will guide cancer patients, survivors and others with range of motion and pain limitations through a gentle and safe yoga practice.

CLASS SCHEDULE

FUNCTIONAL FITNESS

Monday, Wednesday
10:30am

SILVER SNEAKERS

Tuesday, Thursday
10:30am

PICKLE BALL

Tuesday 10a – 1:30p
Thursday 10a – 12:30p

STEP & SCULPT

Wednesdays
8:30am

WATER AEROBICS

Monday-Thursday
9:30am – 10:30am

INTRO TO CYCLING

Thursday March 2 ONLY
10:35- 11:15am

Gentle Stretch

Fridays
11:00am – 11:45am

SILVER REWARDS

Earn 9 punches on your Silver Rewards card and be entered to win the month reward. The winner will be featured on the bulletin board!

JACKSONVILLE SYMPHONY COFFEE SERIES: Canellakis conducts Shostakovica

**Friday, April 7 | Depart 9:30 am from YMCA for
11 am concert**

Enjoy the **Jacksonville Symphony Coffee** series with your friends from the YMCA. Experience the sounds of the Jacksonville Symphony's Classical Cornerstones concert followed by lunch. Space is limited. Transportation is included. Cost of lunch is NOT included. Only \$50 per person/\$55 Non-Member. Sign up at the Welcome Desk by Friday, March 24th to reserve your seat! Sorry, no refunds after March 24th.



TALK WITH A DOC: BE KIND TO YOUR SPINE

Tuesday, March 21 | 6-7 pm

Ponte Vedra family YMCA –
Healthy Living Center (HLC)

Join Orthopedic surgeon, James Perry, DO for a Talk with a Doc on common causes of back pain. Dr. Perry will explain how to care for your back and what treatment options are available.

