



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

February 2018

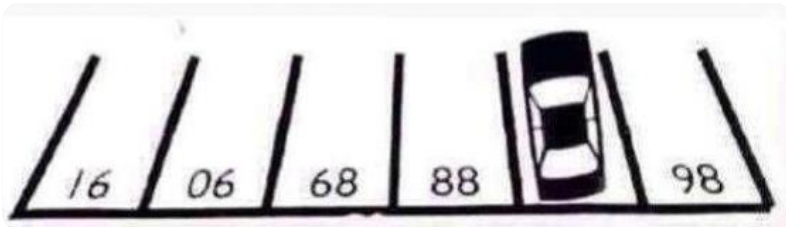
BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | Fleming Island, FL 32003

## CELEBRATE YOUR BRAIN

From **March 12<sup>th</sup> – March 16<sup>th</sup>** the Y will support the Dana Foundation, as part of **National Brain Awareness Week**. Y's will offer brain related activities, tips for brain health, games and prizes! Don't forget to attend the monthly **BRAIN FIT** presented by Brookdale at select Y locations. Visit [FCYMCA.org](http://FCYMCA.org) for more information.



Test your mental agility by solving February's puzzle! Your Healthy Aging Coordinator has the answer.  
**What spot is this car parked in?**



## LET'S SAIL THE SEAS

There is still time for you to enjoy a "Fiesta at Sea" with the Y on the Royal Caribbean's **Brilliance of the Seas**. We depart from Tampa on October 29<sup>th</sup> and return on November 3<sup>rd</sup>, after cruising to Key West and Cozumel, Mexico. Cabins are \$650 for Y Members and \$750 for Non-Members. The rate includes round-trip ground transportation, Pre-Cruise Party, Y T-shirt and onboard Cabin Crawl party. Deadline to register is April 23<sup>rd</sup>.

To book your cabin, contact **Alice Brown at AAA Travel** at (904)565-7722 ext 336 or email her at [alicebrown@autoclubgroup.aaa.com](mailto:alicebrown@autoclubgroup.aaa.com)

**Kayla Van Bebber, Healthy Aging Coordinator**  
P (904) 278-9622 E [k@fcymca.org](mailto:k@fcymca.org)

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



## NEW TO CRUISING? TAKE CRUISE 101



If you have never taken a cruise, then join us for "**Cruise 101**" on **March 21<sup>st</sup> at 11:45 am – 12:45 pm at the Brooks Y** (10423 Centurion Parkway). You will learn about what to expect on a cruise, required legal documents and more. RSVP to [cwatson-irving@fcymca.org](mailto:cwatson-irving@fcymca.org) by March 19<sup>th</sup>.



Presented by



## LIFESTYLE COOKING SERIES

YMCA OF FLORIDA'S FIRST COAST



Each month, enjoy a different topic to help you make healthier eating decisions. Chefs from Chuy's Tex Mex or Publix Aprons Cooking School will provide a cooking demonstration, recipes and samples. The event is FREE and open to the community. Seating is limited. RSVP at your local Y or at [FCYMCA.org](http://FCYMCA.org)

## SOCIAL EVENTS

### LUNCH BUNCH GROUP

**Just A Pinch**  
**Friday, February, 23<sup>rd</sup>, 11:30am**  
1811 Golden Eagle Way, Fleming Island  
Bring a friend and meet a new one.

### BRAIN TEASER

First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat? Answer to last months was Banana

### PICKLEBALL OPEN COURT

Tues/Thurs/Fridays  
11:00am-2:00pm

### NATIONAL CAREGIVERS DAY! February 16<sup>th</sup>

Thank you to all of our caregivers! And a special thanks to our Daystar staff who work hard every day. If you get a chance drop by and say HI!

## CONNECT WITH US



[FirstCoastYMCA.org](http://FirstCoastYMCA.org)

## CLASS SCHEDULE

### AOA CARDIO

Tuesday, 11:15am

### AOA STRENGTH

Thursday, 11:15am

### AQUA FITNESS

Mon/Wed/Fri/Sat, 10:00am

### CHAIR PILATES

Wednesday, 10:00am

### GENTLE YOGA

Tuesday, 11:00am, 6:30pm  
Friday, 8:00am

### SILVERSNEAKERS CLASSIC

Monday/Thursday, 10:00am

### SILVERSNEAKERS CIRCUIT

Tuesday/Friday, 10:15am

### SILVERSNEAKERS YOGA

Monday/Wednesday, 11:00am

### TAI CHI

Saturday, 10:30am

### YIN YOGA

Tuesday 12:00pm  
Friday 7:30am

### ZUMBA GOLD

Tuesday/Thursday, 10:15am

### AETNA Lifestyle Cooking Series Thursday February 15<sup>th</sup>

Join Aetna as their Lifestyle Cooking series continues. **Publix Apron's Cooking School** will show us how to prepare healthy easy and affordable meals. **RSVP at the Welcome Center.**



**aetna**<sup>®</sup>

PUBLIX  
*Aprons.*

### SilverSneakers Orientation Wednesday, 14<sup>th</sup>, 10:00am

If you're interested in learning more about classes and exercises appropriate for you, or if you have questions about technique, join us for this short, informative class.

**Sign up at the Welcome Center.**

### Mardi Gras Luncheon

**Friday, February 9<sup>th</sup>, 12:00pm**

Food will be Cajun, the fun will flow, come wearing beads, it's Mardi Gras time don't ya know!

