



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

February 2018

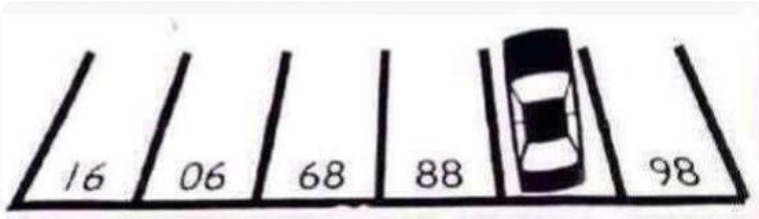
MCARTHUR FAMILY YMCA | 1915 Citrona Drive | Fernandina Beach, FL 32034

CELEBRATE YOUR BRAIN

From **March 12th** – **March 16th** 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 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 29th and return on November 3rd, 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 23rd.

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

Darlene Wallace, Healthy Aging Coordinator
P 904.261.1080 E kgilchrist@fcymca.org

CONNECT WITH US
FirstCoastYMCA.org



NEW TO CRUISING? TAKE CRUISE 101



If you have never taken a cruise, then join us for **"Cruise 101" on March 21st 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 by March 19th.



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

SOCIAL EVENTS

Mahjong

Mondays, 1:00 pm and
Tuesdays, 1:00 pm

**Beginner's class starts
February 5th.**

Bingo with Susan

Sunday, February 18th,
2:30 pm

Invite a friend!

Line Dancing, Now At The Y

Tuesdays, 2:00 pm and
Wednesdays, 6:30 pm

Silver Rewards Card

Visit the Y 9 times a month
and you'll be eligible to draw
for the Silver Rewards Card
Monthly prize. Get your card
today from the Welcome
Center! **Winners for
December;**
Jeanette Springer and
Susan Brinton.

Knitting Club

Every Thursday, 1:00 pm

Walking Club With Pattee Boler

Every Monday, 10:00 am
here at the Y.



CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday at 11:40 am

SILVERSNEAKERS CLASSIC

Tuesday at 11:40 am

SILVERSNEAKERS CLASSIC

Wednesday at 11:40 am

SILVERSNEAKERS CLASSIC

Friday at 11:40 am

CHAIR YOGA

Thursday at 11:40 am

TAI CHAI

Tuesday & Thursday at 8:00
am

YOGA LIGHT

Tuesdays & Thursday at
10:30 am.

New Location Off Site

GENTLE STRETCH

Monday, Wednesday, and
Friday at 9:15 am

New Location Off Site.

AQUA AEROBICS

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

Valentine's Day Luncheon at the Salty Pelican

Wednesday, February 14th, 12:30 pm

Everyone is welcome to spend Valentine's Day afternoon
enjoying a delicious lunch and great conversations with
your friends from the Y. Please sign up if you are planning
on attending, a sign-up sheet will be
placed in Studio "A".

Any questions,

please see
Raylene or
Darlene.

Guests are
always welcome!



Stability and Balance with Darlene

Every Tuesday, 1:00 pm in Studio AIP

This practical class focuses on improving balance and
stability skills, by practicing different
exercises under the guidance
of a qualified instructor.
Improve muscular strength,
power, agility, balance,
and coordination.

