



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

February 2018

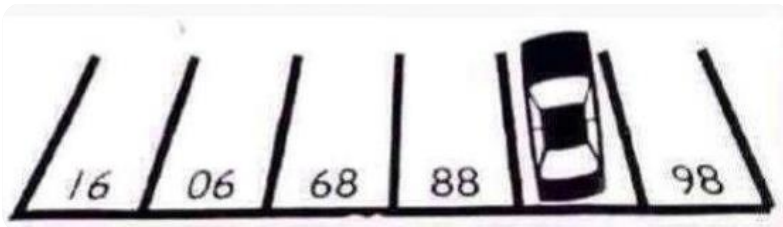
PONTE VEDRA FAMILY YMCA | 170 Landrum Lane | Ponte Vedra Beach, FL 32082

## 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)

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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>.



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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)

## EVENTS

### **Yoga for Survivors Thursdays Feb 1-22 11:30am| 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. (Free).

### **HeartWise Series – Blood Pressure Update Monday Feb 5 12:00pm/HLC**

Nothing is more important than your heart and 80% of heart disease can be prevented. It's never too early or too late to start! Come to this 1-hour talk about controlling and preventing high blood pressure. (Free).

### **HeartWise Series- Metabolic Syndrome Monday Feb 12 12:00pm/HLC**

Join experts from Baptist Health as they talk about Metabolic Syndrome and the effect it can have on your heart health. (Free).

### **Ask the Expert: Tips for Heart Healthy Eating Tuesday Feb 20 12:00pm/HLC**

Did you know you can eat your way to a healthy heart? Join RD, Kelly Schooley to discuss the types of foods you can eat to maintain a healthy heart. (Free)

## AGE 50 AND BETTER CLASS SCHEDULE

### **FUNCTIONAL FITNESS**

Monday, Wednesday  
10:30am

### **SILVER SNEAKERS**

Tuesday, Thursday  
10:30am

### **PICKLE BALL**

Monday 10a- 12p\*Beginners  
Tuesday 10a-1:30p  
Wednesday 10a-12p  
Thursday 10a-1:30p

### **STEP & SCULPT**

Wednesdays  
8:30am

### **AQUA FITNESS**

Monday 9:15-10:15am  
TU, WED, TH  
9:30am – 10:30am

### **Chair Yoga**

Fridays 10:30am

### **NEW!!! "BOOM" FITNESS**

Fridays 8:30AM

### **LINE DANCING**

Tuesdays 2:15-3pm  
Fridays 1:30-2:15pm

## **VALENTINE'S DAY, POTLUCK LUNCH**

**Tuesday, February 13<sup>th</sup>, 11:30am-1:00pm**

**After Silver Sneakers class at the Ponte Vedra YMCA**

Celebrate Valentine's Day and get to know your fellow Age 50 and Better Members while enjoying a delicious Pot Luck Lunch!

Sign up for what you will bring in the Event Notebook, at the Membership Desk. Come ready to have fun and meet new friends.

**Be sure to wear RED!!**



## **PICKLEBALL IS HERE!**

**Mondays, 10:00am-12:00pm  
In the gym!**

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a whiffle ball, over a net. Come learn and play with other beginners.

