



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

February 2018

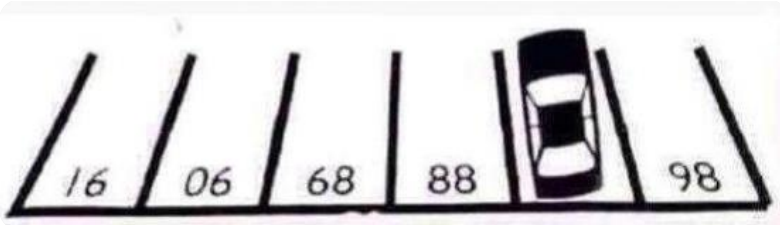
ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | St. Augustine, FL 32080

## 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)

## 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)

**Brandi Otis, Healthy Aging Coordinator**  
P 904.471.9622 E [botis@fcymca.org](mailto:botis@fcymca.org)

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



## SOCIAL EVENTS

### Pickleball

#### Monday

7:00am – 9:00am

#### Wednesday & Friday

8:00am – 10:00am

#### Tuesday & Thursday

12:30pm – 2:30pm

### Learn to Play

#### Pickleball

Every Wednesday

9:00am – 10:00am



### LUNCH BUNCH GROUP

#### Thursday,

February 22nd

2:00 pm

Once a month we travel to some of the best hidden local spots. Enjoy some great food while meeting some fellow Y Members!

### February's restaurant,

#### Mango Mango

700 A1A Beach Blvd.

St. Augustine, FL 32080



## CLASS SCHEDULE

### SILVERSNEAKERS

#### CARDIO FIT

Monday, 9:00am

### SILVERSNEAKERS

#### CLASSIC

Monday, Wednesday & Friday

12:45pm

### CHAIR YOGA

Tuesday & Thursday

12:45pm

### GENTLE YOGA

Monday, Wednesday, Friday

11:30am

Saturday, 12:00pm

### AOA

Tuesday & Thursday

10:30am

### TAI CHI

Monday & Thursday

3:30pm

### REFIT DANCE FITNESS

Monday & Wednesday

10:30am

### RESTORATIVE YOGA

Sunday, 3:30pm

### INTRO TO CYCLE

Tuesday, 10:45am

(1<sup>st</sup> Tuesday of every month)

### AETNA COOKING SERIES,

Thursday, February 8th, 2:00pm-3:00pm

#### Sweet Treats: Options To Satisfy Your Sweet Tooth

February's cooking demo is hosted by **Publix Apron's Cooking School**. The event is free and open to the public. Bring a friend! Sign up in the Young@Heart Binder at the front desk.

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Aprons.



### ALLEGRA WELLNESS AND COMMUNICATION

Thursday February 1st, 2:00 – 3:30pm

#### Heart Healthy Lifestyle

Florida Health Care Plans will discuss how to lead a heart healthy lifestyle! Topics include risk factors for heart disease, diet and lifestyle recommendations and how to build a heart healthy plate. **We also have a Registered Dietitian joining us for this Seminar**, come meet Andrea Likens and bring your questions. The event is free and open to the public. Bring a friend! Sign up in the Young@Heart Binder at the front desk.