



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

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

SPRING INTO ACTION WITH BRAINFIT

According to a **Harvard Health** study, 30 minutes of moderate exercise, 5 days a week stimulates memory circuits in the brain. Learn more about **"How Physical Activity Stimulates the Brain"** at Brookdale's March BrainFit Series.

Available at **Brooks Y, Winston Y, Dye Clay Y and Williams Y.**

The series is **free.** Non-members are welcome. A complimentary lunch is available.

RSVP at your Y's Welcome Center.



THE SEA IS CALLING!












"Fiesta at Sea" with the Y on the Royal Caribbean's **Brilliance of the Seas.** From October 29 – November 3, we will cruise around Key West and Cozumel, Mexico. Departure and return is from Tampa. Cabins are \$650 for Y Members and \$750 for Non-Members. Rates include round-trip ground transportation, Pre-Cruise Party, Y T-shirt and onboard Cabin Crawl party. Book your stateroom by April 23. Contact **Alice Brown at AAA Travel.** Phone: (904)565-7722 ext 336

BE BRAIN SMART: MARCH 12-16



The Y will recognize **National Brain Awareness Week** with brain related activities, educational tips on brain health, "brain games" and prizes! Visit **FCYMCA.org** for more information.

Test your mental agility by solving March's brain teaser to the right. See your Healthy Aging Coordinator for the answer! Follow us on Facebook for more brain teasers in during the month of March.

	+		+		=	30
	+		+		=	18
	-		=	2		
	+		+		=	?



CRUISE 101

MARCH 21, BROOKS Y
11:45am – 12:45pm

Join **Alice Brown from AAA Travel**, and a representative from **Royal Caribbean**, as they answer cruise related questions. Find out what to expect on a cruise; the legal documents you need, cruise activities and more! (**Brooks Y is at 10423 Centurion Parkway**). **RSVP by March 19 to** cwatson-irving@fcymca.org

Kerry Sobieski, Healthy Aging Coordinator
P 904.543.9622 E ksobieski@FirstCoastYMCA.org

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EVENTS

Yoga For Survivors

Thursdays

March 1-29

11:30am/ HLC : FREE

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.

Ask The Expert:

How To Be A Healthy Vegetarian

Tuesday, March 13th
12-1pm / HLC : FREE

Join Registered Dietician Kelly Schooley for tips on how to live a vegetarian lifestyle and get all your nutrition you need to keep your Body and Brain in tip top condition!



CLASS SCHEDULE

FUNCTIONAL FITNESS

Monday, Wednesday
10:30am

SILVER SNEAKERS

Tuesday, Thursday
10:30am

PICKLE BALL

Monday 10a-12p (Beg)
Tuesday 10a – 1:30p
Wednesday 10a-12p
Thursday 10a – 12:30p

STEP & SCULPT

Wednesdays
8:30am

AQUA FITNESS

Mon & Wed 9:15-10:15a
Tues & Th
9:00am – 10:00am

CHAIR YOGA

Fridays
10:45am

LINE DANCING

Tuesdays 2:15pm
Fridays 1:30pm

“BOOM” FITNESS

Fridays
8:30am

Brain Awareness Week, March 12-16th

Exercise your body and your brain during Brain Awareness week. Check out the **PV Y's schedule of activities:**

Monday 3/12: Brain Teasers And Puzzles

Stop by the lobby table and pick up brain teasers and puzzles to work on at home.

Tuesday 3/13: How To Be Vegetarian, 12-1pm

Come to the Healthy Living Center to learn about the vegetables that will keep your brain and body healthy.

Wednesday 3/14: Trivia And Snacks!

Feed your brain and body! (Conference room).

Thursday 3/15: 11:30a-12pm: Exercise Physiologist

Mariel Crawford will teach you ways to keep your body and brain fit and balanced (Studio C following Silver Sneakers)

Friday 3/16: Brain Awareness DVD Party

Watch National Geographic's Brain Games and challenge your mind! Popcorn and drinks will be provided. (Conference room).

Alhambra Theatre "Little Shop Of Horrors"

Sunday, March 11th,

Meet at the YMCA at 11:15am. Meal, 12pm, show, 1:50pm.

Feed the need for musical hilarity with this delicious sci-fi smash. Seymour, a meek floral assistant discovers a talking and singing plant. Over time he finds out about Audrey II's out of this world origins and secret plans for the planet!

\$55.00/person; includes show ticket, meal, all taxes & gratuities. Reservations must be made and paid for by

Monday, 2/26. We will be carpooling to the theater, no bus will be available. If you can drive, let Kerry know. We have 3 drivers lined up so far.