



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

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

## 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.**














## 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  
 +  +  = ?

## 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



## 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](mailto:cwatson-irving@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

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, Gypsy Cab Restaurant

Thursday, March 29  
2:00 pm

828 Anastasia Blvd.  
St. Augustine 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

### Smart Foods: Recipes that Fuel Your Brain

Thursday, March 15, 2:00–3:30 pm

**Hosted by Publix Aprons.** To recognize Brain Awareness month, Chef Charbonnet will demonstrate recipes that support healthy brain function and boost concentration.



PUBLIX  
*Aprons.*

## Lunch and Learn with Silver Creek Memory Care Center

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

Come join us for this Lunch & Learn session with **Ilene Thrasher**, in honor of Brain Awareness Week. Ilene will discuss memory care.

## Q and A with Hal Cochran from Cochran Towing

Thursday March 1st, 2:00 – 3:30pm

Join us as we talk about how to deal with towing in an accident and rates for towing in general, so you don't get taken advantage of. This will be very informative, you won't want to miss out on Hal's tips.

