



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2018

MCARTHUR YMCA; 1915 CITRONA DR, FERNANDINA BEACH, FL 32034

## YOU CAN WIN WITH Y-I-GO!

**Y-I-GO!** is an interactive challenge to encourage Y Members Age 50 and Better to be physically active and socially engaged during the summer months of June, July and August.

Challenge yourself to complete various activities. Each completed card will be entered into the **Grand Prize valued at over \$1,000!** You can play one card per month with **up to 6 chances to win!**



3	9	5	7	1
7	6	1	2	8
4	1		5	6
8	5	6	1	3
6	2	4	9	5

PRESENTED BY



Read the back of the official Y-I-GO! Card for a complete list of rules. Pick up your Y-I-GO! Card at the Welcome Center.

**The Grand Prize package** includes a \$600 gift card to Native Sun and a \$400 gift card to Walmart. Native Sun is a locally owned natural food market with 3 locations in Jacksonville. Their mission is to "improve people's lives through the products we carry and the food that we serve." For more information about Native Sun, please visit their website at NativeSunJax.com.

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



## STAY BRAIN-FIT DURING THE SUMMER

Join us for another great class in our BRAINFIT series presented by Brookdale. The June subject is "Strategies to Improve Memory and Attention", available at the following Y locations:

**Brooks**  
Friday, June 8<sup>th</sup> at 12:45pm

**Winston**  
Tuesday, June 12<sup>th</sup> at 12:00pm

**Dye Clay**  
Tuesday, June 19<sup>th</sup> at 12:00pm

**Williams**  
Friday, June 22<sup>nd</sup> at 12:45pm

## FIESTA AT SEA ONLY 5 CABINS LEFT!



Sail on Royal Caribbean **Brilliance of the Seas** from October 29<sup>th</sup> – November 3<sup>rd</sup>. We have 4 inside cabins (\$676 per person) and 1 Ocean View (\$704 per person) remaining. Rates include roundtrip ground transportation, Pre-Cruise Party, Y T-shirt and an onboard activity. We will cruise to Key West, and Cozumel, Mexico. Contact Alice Brown at **AAA Travel** at [alicebrown@aaasouth.com](mailto:alicebrown@aaasouth.com) (904)565-7722 ext. 3360.

## SOCIAL EVENTS

### Mahjong

Every Monday and Tuesday at 1:00pm

### Bingo with Susan

Sunday, June 6<sup>th</sup> at 2:30pm. Invite a friend!

### Line Dancing

Every Tuesday at 2:00pm  
Every Wednesdays at 6:30pm

### Knitting Club

Every Thursday at 1:00pm

### Walking Club with Pattee Boler

Every Monday at 9:00am.  
Meet at the Y



### Silver Rewards Card

Visit the Y 9 times a month and you could win a prize. Pick up your Silver Rewards Card at the Welcome Center to track your visits

### Congratulations to our May Winner: Pat DiGenti

## CONNECT WITH US



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## CLASS SCHEDULE

### SILVERSNEAKERS CLASSIC

Every Monday at 11:40am

### SILVERSNEAKERS CLASSIC

Every Tuesday at 11:40am

### SILVERSNEAKERS CLASSIC

Every Wednesday at 11:40am

### SILVERSNEAKERS CLASSIC

Every Friday at 11:40am

### CHAIR YOGA

Every Thursday at 11:40am

### TAI CHAI

Every Tuesday & Thursday at 8:00am

### YOGA LIGHT

#### New Location off Site

Every Tuesdays & Thursday at 10:30am

### GENTLE STRETCH

#### New Location off Site

Monday, Wednesday, and Friday at 9:15am

### AQUA AEROBICS

Every Monday through Friday  
Deep at 8:30am  
Shallow at 9:30am

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### Wellness Corner: Starting a Healthy Daily Routine With the Y's Robert Calija CPT, Wellness Associate Water and Hydration

Summer is here and hydration is vital to keep cool. Being hydrated prevents heat illness, loss of energy, impaired cognition, dizziness, muscle fatigue and cramping. Drinking fluids, especially water is crucial toward staying healthy and maintaining longevity. According to the Centers for Disease Control and Prevention, the set general water guidelines are **2.7 liters (91 ounces) for women and 3.7 liters (125 ounces) for men.**

**Daily Challenge:** Choose one or more options each day toward being hydrated during the month of June.

- Drink water before each meal
- Track your water intake throughout the day
- Drink water when you wake up

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### B.Y.O.B Friday June 15<sup>th</sup> at 12:30pm

#### Bring Your Own Bagel, join us for Bagel Day Party.

Bring your favorite bagels along with your favorite spreads for everyone to sample and enjoy! Any questions, please see Darlene or Raylene.

