



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

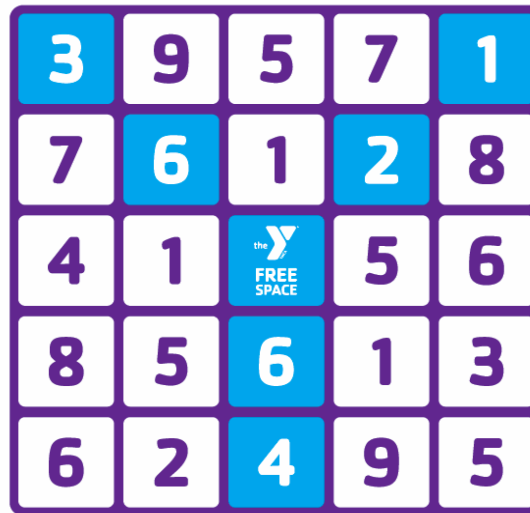
June 2018

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

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!**



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



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 8th at 12:45pm

Winston

Tuesday, June 12th at 12:00pm

Dye Clay

Tuesday, June 19th at 12:00pm

Williams

Friday, June 22nd at 12:45pm

FIESTA AT SEA ONLY 5 CABINS LEFT!



Sail on Royal Caribbean **Brilliance of the Seas** from October 29th – November 3rd. 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 (904)565-7722 ext. 3360.

SOCIAL EVENTS

Pickleball

Monday
7:00am – 9:00am

Wednesday & Friday
8:00am – 10:00am

Tuesday & Thursday
12:30pm – 2:30pm

Learn to Play

Pickleball

Wednesday
9:00am – 10:00am



Lunch Bunch Group Thursday, June 28th 2:00 pm

Tropical Smoothie

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



Tropical Smoothie

112 Seagrove Main St
St. Augustine 32080

CLASS SCHEDULE

SENIOR FITNESS TRIO

Monday, 9:00am

SILVER SNEAKERS CLASSIC

Monday, Wednesday & Friday
12:45pm

CHAIR YOGA

Tuesday & Thursday
12:45pm

FLOW YOGA

Monday, Wednesday & Friday
11:30am

GENTLE YOGA

Saturday, 12:00pm

TAI CHI

Monday & Thursday
3:30pm

REFIT DANCE FITNESS

Monday & Wednesday
10:30am

RESTORATIVE YOGA

Sunday, 3:30pm

INTRO TO CYCLE

Tuesday, 10:45am
(1st Tuesday of every month)

COOKOUT in lieu of Silver Sneakers Class

Wednesday, June 6th 11:00am - 2pm

The Y will provide burgers

Sign up at the front desk for items to bring to share.

Bingo with Brandon from Aetna

Thursday, June 7th 2:00pm - 3:00pm

Sign up at the front desk in the Young @ Heart Binder if you plan to attend. This event will be held in the Discovery Zone Portable conference room.

Aetna Lifestyle Cooking Series: Light BBQ Pot Luck

Thursday, June 14th 2:00 - 3:30pm,

Join chefs from **Publix Apron** as they demonstrate recipes that will keep you energized and ready for physical activity. Sign-up at the front desk in the Young @ Heart Binder. This event will be held in the Discovery Zone Portable conference room.



SJC Hurricane Preparedness Program

Thursday, June 21st 2:00pm – 3:00pm

An informative open forum event preparing for the approaching hurricane season hosted by Mr. Tim Connor. Please be sure to sign up at the front desk in the Young @ Heart Binder if you plan to attend.