



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2018

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

SPRUCE UP SALADS FOR SUMMER

Join us for another great class from our Lifestyle Cooking Series sponsored by AETNA. During July, chefs from Publix Aprons Cooking School and Chuy's Tex- Mex will present "No More Boring Salads: Mix Up Your Greens!" is available at 5 Y locations:

St Augustine

Thursday, July 12 at 2:00 pm

Williams

Monday, July 16 at 1:00 pm

Dye Clay

Thursday, July 19 at 12:30 pm

Brooks

Saturday, July 21 at 10:00 am

Baptist North

Wednesday, July 25 at 11:30 am




Seating is limited. RSVP at the Welcome Center or FCYMCA.org

DON'T MISS OUT ON A GRAND PRIZE VALUED AT \$1,000

You have until August 31 to participate in **Y-I-GO!**, the Y's summer activity challenge for Age 50 and Better Members. **With each completed card**, you'll be entered into the Grand Prize drawing for a \$600 gift card to Native Sun (a natural food market) and a **\$400 gift card** to **Walmart**. Only one entry per month. Pick up your Y-I-GO! card at the Welcome Center.



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

SPONSORED BY



YEELHAW!

★ LINE ★ DANCING ★

Join dancers from Y's across Florida's First Coast for the **2018 Line Dance Extravaganza**. We'll kick up our heels on October 20th from 11 am to 4 pm at the Winston YMCA (221 Riverside Avenue). **Register by August 1, and you'll receive a fun Y-towel!** The cost is \$10 for members, \$15 for non-members and \$5 for children 13 years and under. Register at the Welcome Center at any Y or FCYMCA.org. For more information, call 904.355.1436, extension 8.



If you have attended the Y over 108 times during the year, then you're invited to join us at the 3rd Annual Cloud 9 Party. The event will be held on **Friday, October 26** at the **Alhambra Theatre at 11 am**. It's promising to be a party to remember with entertainment, awards, prizes and a delicious lunch.

Brandi Otis, Healthy Aging Coordinator
P 904.471.9622 E botis@fcymca.org

CONNECT WITH US
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, July 26th

2:00 pm

O'Steen's Restaurant

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



Osteen's Restaurant

205 Anastasia BlvdSt.
Augustine 32080

CLASS SCHEDULE

SENIOR FITNESS TRIO

Monday, 9:00am

SILVERSNEAKERS 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)

Bingo with Brandon from AETNA

Thursday July 7th 2:00 – 3:00 pm

Please be sure to 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: No More Boring-Salads-Mix up Your Greens!

Thursday July 12th 2:00 – 3:30 pm

Join chefs from **Publix Aprons Cooking School** 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.

Sign up in the Young@Heart Binder at the Front Desk



Free Advanced Care Planning Class with Community Hospice

Thursday 19th, 2:00 – 3:00 pm

Plan ahead so future health care challenges don't create conflicts and unnecessary worry. Peace of mind comes when you have a conversations about goals, beliefs and experiences and make your wishes known in advance.