



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2019

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | Fleming Island, FL 32003

LIVE & THRIVE WITH EXERCISE!

Your Healthy Aging Coordinator is working hard to bring you a day of exercise, lectures, and vendors in celebration of **National Senior Health & Fitness Day**. On Wednesday, May 29th Y's across Florida's First Coast will be **FREE to non-members Age 60 & Better**.

Invite friends and neighbors to enjoy fellowship and fun at the Y. See the **back of the branch newsletter** for your Y's program.

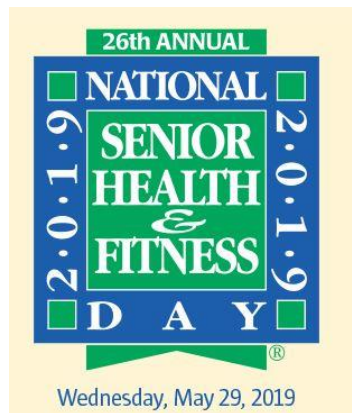
SATURDAYS ARE STILL SILVER

SILVER SATURDAYS

Calling all **Silver Sneakers and Renew Active Members!** Visit the Y on **Saturdays in May, AND a friend can accompany you for FREE**. Friends, enjoy all Y amenities! **To learn more visit the Welcome Center, or call 904.265.1775.**

Kayla Van Bebber, Healthy Aging Coordinator
P (904) 278-9622 E k@fcymca.org

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FirstCoastYMCA.org



GRANDPARENTS SPECIAL



Bring your grandkids with you to the Y during June, July and August for only \$30 extra per month. Grandkids can spend up to 2 hours each visit in KidZone. Look out for more information about how to upgrade during May.

CRUISE 2020



From April 20 - 24, 2020 join the Y for a 5 day/4 night cruise to **Nassau, Bahamas, and Royal Caribbean's Private Island**, on the newly refurbished **Mariner of the Seas**. Prices from \$610. **Open to non-members.** Bus included! To learn more and reserve your spot, call **Alice Brown** at **AAA Travel**, (904) 565-7722 ext. 336.

alicebrown@autoclubgroup.aaa.com

SOCIAL EVENTS

Morning Crossword/Coffee Group

Monday – Friday,
8:00am – 11:00am

Pickle ball

Bring a friend and
stop in. Every
**Tuesday, Thursday
and Friday**
11:00am-2:00pm

Cinco de Mayo May 5th

Mother's Day May 12th

Memorial Day
May 27th
Branch Hours
7:00am-3:00pm

National Senior Health And Fitness Day May 29th

The Y is free to the
community on
Wednesday May 29th.
Bring a friend and
enjoy a cooking demo,
group ex classes, and
spend the day with
friends getting
healthy!

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CLASS SCHEDULE

AOA STRENGTH
Thursday, 11:15am

AOA CARDIO
Tuesday, 11:15am

AQUA FITNESS
Mon/Wed/Fri/Sat, 10:00am
Tue/Thurs, 6:30pm

AQUA ZUMBA
Wed 9:00am

AQUA BOOTCAMP
Tue/Thurs, 9:00am

CHAIR PILATES
Wednesday, 10:00am

GENTLE YOGA
Tuesday, 11:00am, 6:30pm

LINE DANCING
Wednesday, 10:00am
Friday, 9:00am

SILVERSNEAKERS CLASSIC
Monday/Thursday, 10:00am

SILVERSNEAKERS CIRCUIT
Tuesday/Friday, 10:15am

SILVERSNEAKERS YOGA
Monday/Wednesday, 11:00am

TAI CHI
Saturday, 10:30am

YIN YOGA
Tuesday 12:00pm
Friday 7:30am

ZUMBA GOLD
Tuesday/Thursday, 10:15am

TACO TUESDAY LUNCHEON

Tuesday May 14th, 12:00pm

Bring a friend and a dish to share to
our last luncheon before summer
comes. Its taco Tuesday, we will be
having a taco bar. The Y will be
providing taco meat. Bring your
favorite side dish or topping to share!



A MATTER OF BALANCE: ORANGE PARK MEDICAL CENTER

Monday, May 20, 9:30 – 11:30am. FREE CLASS!

Matter of Balance is an evidence-based interactive fall
prevention and exercise program. It's designed to reduce
the fear of falling and increase activity levels of Age 60 &
Better who have concerns about falls. Participants receive
practical coping skills, falls risk management strategies,
and exercises to increase balance and strength. **This
two-hour program meets twice weekly for four
weeks.** Participants must be 60 years or better to join.