



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2019

MCARTHUR YMCA | 1915 CITRONA DR, FERNANDINA BEACH, FL



Presented by



**Silver Sneakers & Renew Active members**, keep physically active and socially engaged during June, July and August by playing Y-I-GO!, the Y's version of wellness BINGO. Complete a variety of challenges and you could **win a \$50, \$150 or \$300 Publix Gift Card**. Pick up a **Y-I-GO!** card at the **Welcome Center** from **Wednesday May 29<sup>th</sup>** through **August 31<sup>st</sup>**. Speak to your Healthy Aging Coordinator about the rules.

**Thank you to our Y-I-GO! sponsors Humana and Island Doctors.** Island Doctors is a Medicare Advantage practice of primary care physicians, with 46 locations throughout Florida. Dr. Roy H. Hinman II founded Island Doctors over 25 years ago. Unlike most doctors, Island Doctors has same day walk-in visits and in-house medical screenings. Island Doctors accepts traditional Medicare patients and Humana Gold (Medicare Advantage Plan). To schedule a tour **phone (877) 434-4676** or **visit: IslandDoctors.com**.

**KARINA GILCHRIST, Member Experience Director**

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**CONNECT WITH US**  
**FirstCoastYMCA.org**



## BONE HEALTH LUNCH & LEARN

Join Humana and Island Doctors for a series of **FREE** lunch and learns throughout the summer. **Physicians** will present on **Bone Health** or **Bladder Health & Incontinence**. **Open to all membership types** and to **non-members**. The first Bone Health lunch and learn is at **Dye Clay Y** on **June 6<sup>th</sup>** at **12:30pm**. To **RSVP** call the **Dye Clay Y: (904) 272-4304** or email [cwatson-irving@fcymca.org](mailto:cwatson-irving@fcymca.org).

## 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](mailto:alicebrown@autoclubgroup.aaa.com)

## SOCIAL EVENTS

### Mahjong

Mondays and Tuesdays at 1:00 pm.

### B-I-N-G-O with Susan

Cancelled for the Summer  
Resumes in September

### Line Dancing

Tuesday at 2:00 pm and  
Wednesday at 6:30 pm

### Age 50 and Better Rewards Card:

Visit the **Y 10 times a month** and you could win a prize. *Pick up your 50 & Better Card at the Welcome Center* to track your visits.

### May Winner:

Yet to Be Drawn

### Knitting Club

Every Thursday at  
1:00 pm

### Walking Club with Pattee Boler

Every Monday at  
8:00 am. Meet at the Y!

## SUMMER ACTIVITY CHALLENGE

**Y-I-GO!** Is an interactive challenge designed to encourage **Silver Sneakers & Renew Active Y members** to stay physically active and socially engaged during the summer months of June, July and August. Grab your card at the Welcome Center, or see Darlene or Karina for any questions. Completed cards turned in at the end of the month will be entered into a drawing for **Publix Gift Cards!**

## CLASS SCHEDULE

### SILVERSNEAKERS CLASSIC

Monday at 11:40 am  
Tuesday at 11:40 am  
Wednesday at 11:40 am  
Friday at 11:40 am

### BALANCE & STABILITY

Tuesday & Thursday at  
1:00 pm

### CHAIR YOGA

Thursday at 11:40 am

### TAI CHI

Tuesday & Thursday at  
8:00 am  
Monday at 12:45 pm

### GENTLE YOGA

Tuesday & Thursday at 10:30 am

### GENTLE STRETCH

Monday, Wednesday, and Friday at  
9:15 am

### AQUA AEROBICS

*Monday and Wednesday:*  
8:00 Deep and 9:00 am Shallow  
*Tuesday and Thursday Combined* at  
9:00 am & 4:00 pm  
*Friday* 9:00 am Combined  
*Saturday* 9:15 am Aqua Boot Camp

**AOA** M, W, F at 8:00 am and  
10:30 am

## THE Y IS SO MUCH MORE THAN A GYM. JOIN NOW THROUGH JUNE 10 TO TAKE ADVANTAGE OF NO JOINING FEE.

## WELLNESS CORNER: HEALTHY HABITS: 150 MINUTES OF PHYSICAL ACTIVITY

### With the Y's Robert Calija CPT, Wellness Associate

Prolonged periods of sitting, or sedentary behavior are associated with chronic health problems. According to the American College of Sports Medicine, **150 minutes of physical activity per week** provides healthier body mass index, blood pressure readings, cholesterol levels, and improves overall quality of life. **To promote healthier living, flip a coin once each day during the month of June.** Perform each exercise once a day, Monday through Friday starting June 3<sup>rd</sup> and ending June 28<sup>th</sup>. Each week has a different pair of exercises:

- **Week 1:** Heads = 10 chair squats. Tails = 10 standing calf raises
- **Week 2:** Heads = 10 standing total high knees marches. Tails = 10 wall pushups or regular pushups
- **Week 3:** Heads = 10 total alternating arm reaches above the head. Tails = 10 total tight rope balance walks
- **Week 4:** Heads = 5 - 10 minutes of any aerobic movement (walking, biking, dancing, swimming or recreational movements). Tails = 5 - 10 minutes of total body stretching

### Summer Salads: Friday June 21 at 12:45 pm

Celebrate the first official day of summer with your friends and your favorite salad recipe. Bring salad to share and a healthy appetite! What better way to beat the heat than with an assortment of salads?! **See Darlene or Karina for more information.**