



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2019

MCARTHUR YMCA | 1915 CITRONA DR, FERNANDINA BEACH, FL

FREE USE OF THE Y FOR YOUR FRIENDS. IT'S A NO BRAINER!



In recognition of Brain Awareness Week, First Coast YMCAs are **FREE** for those age 50 & better from **March 11th to March 15th**. Experience mental and physical workouts. Participate in interactive games, trivia and tests to stimulate the brain cells. Track adherence to a brain healthy lifestyle using a "Brain Change Tracking Sheet", available from your Healthy Aging Coordinator during Brain Awareness Week.

GET REWARDED AT THE Y

Age 50 & Better Members! If you visit the YMCA 10 times a month and record your visits with the

"**Age 50 & Better Rewards Card**", you'll be entered into a monthly drawing for a prize. Visit the Welcome Center to get your card today!



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CONNECT WITH US
FirstCoastYMCA.org



FIRST WATCH BRINGS BRAIN FOOD TO THE Y



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Presented by

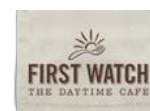
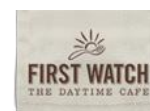


LIFESTYLE COOKING SERIES

YMCA OF FLORIDA'S FIRST COAST



We are excited to welcome **First Watch** as a new Aetna Lifestyle Cooking Series partner. During March, chefs from the day time café will demonstrate recipes to feed the brain. Cooking demonstrations take place at Brooks, Baptist North, Dye Clay, Ponte Vedra and Williams YMCAs. The series is **FREE** and **non-Y members are welcome**. RSVP at fcymca.org, the **Y Welcome Center**, call **904 265 1795**, or email cwatson-irving@fcymca.org



SOCIAL EVENTS

Mahjong

Mondays and Tuesdays at 1:00 pm.

B-I-N-G-O with Susan

Sunday, March

2:30 pm Play and Be A

W-I-N-N-E-R

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.* **February Winner:** yet to drawn

Knitting Club

Every Thursday at 1:00 pm

Walking Club with Pattee Boler

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

BRAIN GYM:

Coming March 15!

FREE TO MEMBERS

6 week program developed and led by the Alzheimer's Association. You'll learn about a different pillar of brain health every week.

RSVP at the Welcome Center. 2:30pm on Fridays, Studio A.

CAREGIVER WORKSHOP @ the Life Center/Council on Aging

Saturday, March 23

8:30 am – 2:00 pm

Call 904-407-6121 for info

CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday at 11:40 am & 1:00 pm

SILVERSNEAKERS CLASSIC

Tuesday at 11:40 am

BALANCE&STABILITY

Tuesday & Thursday at 1:00 pm

SILVERSNEAKERS CLASSIC

Wednesday at 11:40 am & 1:00 pm

CHAIR YOGA

Thursday at 11:40 am

SILVERSNEAKERS CLASSIC

Friday at 11:40 am & 1:00 pm

TAI CHI

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

GENTLE YOGA

Tuesday & Thursday at 10:30 am at **RAD**

GENTLE STRETCH

Monday, Wednesday, and Friday at 9:15 am at **RAD**

AQUA AEROBICS

Monday through Friday at 9:00 am
Shallow and Deep Combined
Tuesday and Thursday Combined at 4:00 pm

WELLNESS CORNER: HEALTHY HABITS: CORE

With the Y's Robert Calija CPT, Wellness Associate

Fitness March Madness: Perform each exercise once each day Monday-Thursday during the month of March. Choose 1 favorite exercise from each week to make the final 4 for the last week. The challenge runs from **March 4th – 28th**.

	Monday	Tuesday	Wednesday	Thursday
Week 1	25 calf raises	10 lying reverse crunches	10 squats	20 high knee marches
Week 2	10 Sit to stand squats (use a stable chair)	25 jumping jacks	25 forward arm circles	Wall sit for 25 seconds
Week 3	Plank for 25 seconds	10 step tight rope balance walk	10 pushups (use wall or knees for modification)	Walk outside or treadmill for 15 minutes
Week 4, Final 4	Pick 1 exercise from week 1	Pick 1 exercise from week 2	Pick 1 exercise from week 3	Perform your favorite exercise

LUNCH OUT WITH FRIENDS:

Thursday March 14 at 12:30 pm, at the Sand Bar and Kitchen (Main Beach). Sign-up the list in Studio A by Monday, March 11 so we have an approximate count for the restaurant.