



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2019

PONTE VEDRA FAMILY YMCA | 170 Landrum Lane | Ponte Vedra Beach, FL 32082



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 29th** through **August 31st**. 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**.

Erin Dankworth, Healthy Aging Coordinator
P 904.543.9622 E Edankworth@fcymca.org

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 6th** at **12:30pm**. To **RSVP** call the **Dye Clay Y: (904) 272-4304** or email 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

EVENTS

TALK WITH THE DOC

**"Caring for your ears:
The key to your
quality of Life"**

**Monday, June 10th
12:00 pm to 12:45 pm**

Join us for a Lunch and Learn with Doctor of Audiology Brooke Davidson from Baptist ENT Specialists to learn how to protect your ears, symptoms of harmful noise exposure, conditions associated with hearing loss.
(FREE)

LUNCH BUNCH

Healthy BBQ

**Tuesday, June 18th at
9:30am-11:30am**

**Tabling with Kelly
Schooley**

It's time to get hands on with Kelly as she teaches us THE best techniques and recipes to enjoy a healthy BBQ. We'll enjoy education, skills, and tastings!

MORNING

ADJUSTMENT

Join Dr. Sean Tracey from New Life Wellness for a morning adjustment and learn how to keep those aches and pains at bay.

**Monday June 17th
9:00am - 11:00am,
Lobby. FREE and open
to non-members.**

CLASS SCHEDULE

FUNCTIONAL FITNESS

Monday 11:00am
Wednesday 11:00am

SILVER SNEAKERS

Tuesday & Thursday 11:00am

PICKLEBALL

6/11, 6/13, 6/18, 6/20
1:00pm -3:00pm

CARDIO SCULPT

Wednesday 8:00am

LINE DANCING

Tuesday 1:30 – 2:30pm
Friday 1:30 – 2:30pm

"BOOM" FITNESS

Friday 8:00am

CHAIR YOGA

Fridays 11:15am

AQUA FITNESS

Monday-Thursday
9:15am

LIFESTYLE COOKING SERIES

YMCA OF FLORIDA'S FIRST COAST

**FREE LIFESTYLE COOKING SERIES,
PRESENTED BY AETNA With Publix Aprons
Topic: MOCKTAILS!**

Thursday June 13th, 12:00pm - 1:30pm, Studio C.

During June chefs from Publix Aprons Cooking School will demonstrate healthy, scrumptious **Mocktail!**

Samples provided. RSVP at the **Welcome Center**, online at fcymca.org, or email cwatson-irving@fcymca.org. **OPEN TO NON MEMBERS**

**FREE BRAIN FIT SERIES,
PRESENTED BY ARBOR TERRACE**

Topic: The MIND Diet: Eat for Brain Health

**Tuesday June 18th, 12:00pm – 1:00 pm, Studio C.
Open To The Public. LUNCH INCLUDED.**

Join experts from Arbor Terrace for informative sessions that teach life-long lessons for brain healthy living. In June they will lead a presentation to help you manage eating for Brain Health. **RSVP at the Welcome Center, online at fcymca.org or email cwatson-irving@fcymca.org.**