



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2019

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

Presented by



HEALTHY BONES: FREE LUNCH AND LEARN

Tuesday, July 23 | 1:00 PM

VENUE: HUMANA BUILDING: 9965 San Jose Blvd.
Jacksonville, FL 32257

**FREE. OPEN TO ALL Y MEMBERS & NON-MEMBERS
LUNCH INCLUDED**

Healthy lifestyle habits helps to keep our bones strong. But, if we don't get the **right type of exercise, or eat right**, our bones get brittle or break, leading to lasting health problems. The good news is it's never too late to take care of your bones.



Learn about **bone disorders including osteoporosis**, if you're at risk, and what you can do to make your bones healthier at this lunch and learn with Island Doctors.

RSVP: at the YMCA Welcome Center, email cwatson-irving@fcymca.org, or register at <https://fcymca.org/programs/health-wellness/age-50-and-better/>

About Island Doctors. Island Doctors is a Medicare Advantage practice of primary care physicians, with 46 locations throughout Florida. Island Doctors **accepts traditional Medicare patients and Humana Gold** (Medicare Advantage Plan). Unlike most doctors, Island Doctors has same day walk-in visits and in-house medical screenings. To schedule a tour call: **(877) 434-4676**.

Larry Raulerson, Healthy Aging Coordinator
P 904.471.9622 E lraulerson@fcymca.org

CONNECT WITH US
FirstCoastYMCA.org



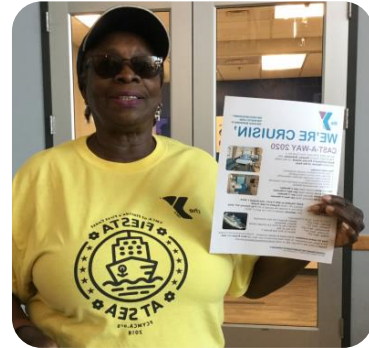
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Keep physically active and socially engaged during July and August by playing Y-I-GO!, the Y's version of wellness BINGO. Complete a variety of challenges and you could **win a \$50, \$150 or \$300 Publix Gift Card**. Pick up a Y-I-GO! card at the **Welcome Center** through **August 31st**. Speak to your Healthy Aging Coordinator about the rules.

CRUISE 2020

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 start at \$610. Deposit due August 7th. **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

PICKLEBALL

Monday

7:00am – 9:00am

Wednesday & Friday

8:00am – 10:00am

Tuesday & Thursday

12:30pm – 2:30pm



LUNCH BUNCH

Thursday, July 25th

2:00pm

Sunset Grille

A1A Beach Blvd.
St. Augustine, FL
32080

Join us for lunch at Sunset Grille. All welcome. Open to non-members. **Enjoy Food and Fellowship.**



Sign up for ALL EVENTS
in the Young @ Heart
Binder at the Front
Desk.

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
3:15pm

REFIT DANCE FITNESS

Monday & Wednesday
10:30am

RESTORATIVE YOGA

Sunday, 3:30pm

INTRO TO CYCLE

Tuesday, 10:45am
(1st Tuesday of every month)



LUNCH & LEARN & SCREENING

Thursday, July 11th 2:00pm,

WITH DR. HARTLEY.

FREE and OPEN TO THE PUBLIC

**TOPIC: THE RELATIONSHIP BETWEEN PUBERTY,
MENOPAUSE & PROGRESSIVE SCOLIOSIS.**



Scoliosis is a misshaping of the spine— where the spine seems to have shifted right or left — or where the spine is bent too far forward or backward, or a combination of the two. It doesn't always cause pain. **Menopause** can cause the spine to deteriorate and combined with poor postural habits, can lead to **scoliosis**. Scoliosis also impacts children and teens. Learn more about it and treatment options during this fantastic Lunch and Learn with Dr Hartley.

Includes:

- FREE **Digital Posture Analysis**
- FREE **Scolimeter Exam**
- FREE **Scoliosis Screening for Seniors and Children.** (Get the grandchildren screened!).

RSVP at the Welcome Center. Location TBD.