



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2019

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



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**.

Larry Raulerson, Healthy Aging Coordinator
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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 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

SOCIAL EVENTS

PICKLEBALL

Monday

7:00am – 9:00am

Wednesday & Friday

8:00am – 10:00am

Tuesday & Thursday

12:30pm – 2:30pm



LUNCH BUNCH

Thursday, June 27th

2:00pm

Little Margie's FA Cafe

A1A Beach Blvd.

St. Augustine, FL

32080

Join us for lunch at Little Margie's FA Café. All welcome. Open to non-members. **Enjoy Food and Fellowship**

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)

FIRST FRIDAY GARDEN WALK@WASHINGTON OAKS

Friday, June 7th, 2:00pm.

\$5 per person

Enjoy formal gardens, ancient live oaks, native and exotic plants, and wildlife at this beautiful beachfront park.



LUNCH & LEARN WITH

DR. HARTLEY. FREE

Thursday, June 13th 2:00pm, Group Exercise Room

Topic: Improve your posture-improve your health.

Digital Posture Analyses for Age 60 & Better.

Poor posture can cause headaches, neck, low back, shoulder, hip and knee pain as well as increase your fall risk. Learn about how to improve your posture at this informative Lunch and Learn with Doctor Hartley. Open to non-members. **RSVP at the Welcome Center**

AETNA – FAMILY FEUD W/BRANDON

Thursday, June 20th, 2:00pm, Discovery Center Meeting Room