



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2019

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

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!



Larry Raulerson, Healthy Aging Coordinator

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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

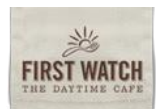
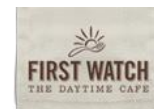
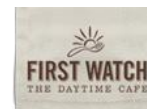


LIFESTYLE COOKING SERIES

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

Pickleball

Monday

7:00am – 9:00am

Wednesday & Friday

8:00am – 10:00am

Tuesday & Thursday

12:30pm – 2:30pm

Learn to Play

Pickleball

Every Wednesday

9:00am – 10:00am



LUNCH AND FELLOWSHIP

Thursday, March 28th

2:00pm

Conch House

57 Comares Avenue
St. Augustine, FL 32080.
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

AETNA. FAMILY FEUD W/BRANDON

Thursday, Mar 7th, 2:00pm

Discovery Center Meeting Room

LUNCH & LEARN. HOSTED BY DR. HARTLEY

Thursday, Mar 14th 2:00pm

Topic: "How to Maximize Yoga, Assisting in Spinal Alignment and Preventing Injury"

Group Exercise Room



HAPPY ST PATRICK'S DAY

Friday, Mar 15th

Wear Green to Silver Sneakers and you will be entered into a drawing to win a \$20 Publix Gift Card

Cake will be provided!

SOUTHERN HORTICULTURE

Thursday, Mar 21st 2:00 pm

Spring Planting

Attend Southern Horticulture's presentation about cultivating native Floridian plants.

