



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

November 2017

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

## aetna<sup>SM</sup> COOKING SERIES



### AETNA to launch a Lifestyle Cooking Series during January 2018.

As part of their "We Come to You" Strategy, AETNA will host cooking demonstrations at the Y every month throughout 2018. Demonstrations will be available at four YMCA's, Barco Newton, Baptist North, St Augustine and Williams.

AETNA will partner with established Y partners, **Publix Cooking School** and **Chuy's Mexican Restaurant**. Their chef's will demonstrate simple, inexpensive recipes designed to solve common lifestyle challenges such as "How to Eat Well On A Fixed Income", and "Tasty Meals for One". Look out for flyers with dates and times.



**Brandi Otis, Healthy Aging Coordinator**  
P 904.471.9622 E botis@firstcoastymca.org

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FirstCoastYMCA.org



Cloud 9 Sponsor, **BROOKDALE Senior Living** will bring their signature BRAINFIT program to the Y! It will be available throughout 2018 at 4 Y locations (Brooks, Dye Clay, Williams and Winston). January's Topic is "**Seven Foods to Feed the Brain**". Lunch will be served! Look out for flyers with dates and times.

### BOOM

BOOM classes, the new exercise class from SilverSneakers will be on Y schedules from January. Make it part of your new routine!

### 3<sup>RD</sup> ANNUAL LINE DANCE SHOWCASE

Saturday, November 18<sup>th</sup>.  
Arlington Y. Visit **FirstCoastYMCA.org** or visit your local Y.

## SOCIAL EVENTS

### Pickleball

Mondays, Wednesday & Friday,  
8:00am – 10:00am  
Tuesday & Thursday  
12:30pm – 2:30pm

### Learn to Play Pickleball

Every Wednesday  
9:00am – 10:00am



### LUNCH BUNCH GROUP Thursday November 30th

**2:00 - 3:00pm**

Once a month we travel to some of the best hidden local spots. Enjoy some great food while meeting some fellow Y Members!



### November's restaurant is,

Burrito Works at the Beach. (Outside Seating Only). 671 A1A Beach Blvd, St Augustine, FL 32080.

## CLASS SCHEDULE

### SILVERSNEAKERS CARDIO FIT

Monday, 9:00am

### SILVERSNEAKERS CLASSIC

Monday, Wednesday & Friday  
12:45pm

### CHAIR YOGA

Tuesday & Thursday  
12:45pm

### GENTLE YOGA

Monday, Wednesday, Friday  
11:30am  
Saturday, 12:00pm

### AOA

Tuesday & Thursday  
10:30am

### TAI CHI

Monday & Thursday  
3:30pm

### REFIT DANCE FITNESS

Monday & Wednesday  
10:30am

### RESTORATIVE YOGA

Sunday, 3:30pm

### INTRO TO CYCLE

Tuesday, 10:45am  
(1<sup>st</sup> Tuesday of every month)

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### Medicare Re-enrollment Q&A With HUMANA

**Thursday November 2nd, 2:00pm – 3:00pm**

Brenda Dirske will be at the Y for a Q&A about health care re-enrollment.

### SilverSneakers, Health Insurance Q&A With HUMANA

**Thursday November 16<sup>th</sup>, 2:00pm – 3:00pm**

Shannon Townsend will be here for a Silver Sneakers Q&A and to discuss all the up and coming changes.

### SAVE THE DATE for SHINE, Medicare Annual Enrollment

**Friday December 1<sup>st</sup>, 9:00am – 12:00pm**

During SHINE's final visit they will answer ANY questions you have about Medicare and the changes for 2018.

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### The YMCA Diabetes Prevention Program

**Thursday 9<sup>th</sup> November, 2:00pm- 3:00pm**

Lisa Peacock, the Y's Director of Healthy Living Innovations: Chronic Disease, will talk to us about how you can prevent Type 2 Diabetes by following the Y's Diabetes Prevention Program. From January 2018 the cost of the program is covered by Medicare. Learn how small lifestyle changes can have a big impact, and reduce the risk of developing Type 2 Diabetes by 58%.

Please be sure to sign up for all events in the **Young @ Heart Binder** at the front desk!