

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

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

SPRING INTO ACTION WITH BRAINFIT

According to a **Harvard Health** study, 30 minutes of moderate exercise, 5 days a week stimulates memory circuits in the brain. Learn more about "**How Physical**" at Russian China Ch

Activity Stimulates the Brain" at Brookdale's March

BrainFit Series.

Available at **Brooks Y, Winston Y, Dye Clay Y and Williams Y**.

The series is **free**. Non-members are welcome. A complimentary lunch is available.

RSVP at your Y's Welcome Center.

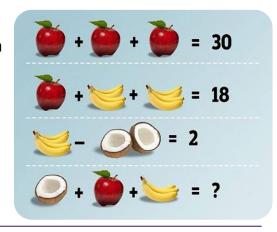


BE BRAIN SMART: MARCH 12-16



The Y will recognize **National Brain Awareness Week** with brain related activities, educational tips on brain health, "brain games" and prizes! **Visit FCYMCA.org** for more information.

Test your mental agility by solving March's brain teaser to the right. See your Healthy Aging Coordinator for the answer! Follow us on Facebook for more brain teasers in during the month of March.



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

CONNECT WITH US FirstCoastYMCA.org





THE SEA IS CALLING!

"Fiesta at Sea" with the Y on the Royal Caribbean's **Brilliance of the Seas.** From October 29 - November 3, we will cruise around Key West and Cozumel, Mexico. Departure and return is from Tampa. Cabins are \$650 for Y Members and \$750 for Non-Members. Rates include round-trip ground transportation, Pre-Cruise Party, Y T-shirt and onboard Cabin Crawl party. Book your stateroom by April 23. Contact Alice Brown at AAA Travel. Phone: (904)565-7722 ext 336



CRUISE 101

MARCH 21, BROOKS Y
11:45am - 12:45pm
Join Alice Brown from AAA

Travel, and a representative from Royal Caribbean, as they answer cruise related questions. Find out what to expect on a cruise; the legal documents you need, cruise activities and more! (Brooks Y is at 10423 Centurion Parkway). RSVP by March 19 to 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 BUNCH GROUP

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



February's restaurant,

Gypsy Cab Restaurant Thursday, March 29 2:00 pm

828 Anastasia Blvd. St. Augustine 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 (1st Tuesday of every month)

Aetna Cooking Series

Smart Foods: Recipes that Fuel Your Brain
Thursday, March 15, 2:00–3:30 pm
Hosted by Publix Aprons. To recognize Brain Awareness
month, Chef Charbonnet will demonstrate recipes that
support healthy brain function and boost concentration.





Lunch and Learn with Silver Creek Memory Care Center

Thursday, March 8th, 2:00pm-3:00pm Come join us for this Lunch & Learn session with **Ilene** Thrasher, in honor of Brain Awareness Week. Ilene will discuss memory care.

Q and A with Hal Cochran from Cochran Towing Thursday March 1st, 2:00 - 3:30pm

Join us as we talk about how to deal with towing in an accident and rates for towing in general, so you don't get taken advantage of. This will be very informative, you won't want to miss out on Hal's tips.

