



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2019

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218

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!



FIRST WATCH BRINGS BRAIN FOOD TO THE Y



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Presented by

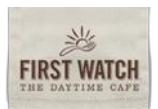
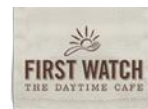
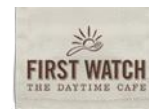


LIFESTYLE COOKING SERIES

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**



Georgette Butler, Healthy Living Director

P 904-592-9622 E gbutler@fcymca.org

CONNECT WITH US
FirstCoastYMCA.org



CLASS SCHEDULE

MONDAY

5:30 am BodyCombat Exp
8:30 am Cycle
9:00 am Yoga
10:00 am Senior Cycle
10:30 am SilverSneakers

TUESDAY

5:30 am BodyPump Exp
9:00 am Cardio Blast
9:00 am Beginner Yoga
10:00 am BOOM
10:05 am BodyCombat
10:30 am SilverSneakers
11:30 am SilverSneakers

WEDNESDAY

5:30 am BodyCombat Exp
8:00 am Line Dance
8:30 am Cycle
9:00 am Yoga
9:15 am BodyPump
10:30 am SilverSneakers

THURSDAY

8:00 am Line Dance
9:00 am Cardio Blast
10:00 am BOOM
10:05 am BodyCombat
10:30 am SilverSneakers
11:30 am Zumba

FRIDAY

5:30 am CXWORX
8:30 am Cycle
9:00 am Multi-Level Yoga
9:15 am BodyPump Exp
10:15 am Zumba
11:15 am SilverSneakers

SATURDAY

9:00 am BodyPump
9:00 am Cycle
9:30 am SilverSneakers
Yoga
10:00 am BodyCombat
11:00 am Zumba

Please visit the Welcome Center for a full list of classes and descriptions.

Diabetes Preventions & Treatment Class

Thursday, March 7, 5:30 – 6:30 pm

This class is facilitated by a Registered Dietitian through the Duval County Health Department. You will learn ways to reduce your risk for diabetes. For those already diagnosed, you will learn key self-management education. **(Free)**

Brain Awareness Week

March 11-16

This week we are focused on activities to keep your brain sharp!

Talk with a Doc: Lifestyle Changes for a Healthy Heart

Monday, March 25, 11:30 am – 12:30 pm

Join Salil Patel, MD, FACC, from Baptist Heart Specialist, to learn about lifestyle choices to positively impact your heart. **(Free)**

AETNA Lifestyle Cooking Series w/First Watch Cafe

Wednesday, March 27, 11:30 am – 1:00 pm

Y members and non-members are welcome to attend this month's cooking workshop hosted by First Watch. **March's theme is Brain Food.**

Ask the Expert: The Mind Diet

Thursday, March 28, 11:30 am – 12:30 pm

Join YMCA's Registered Dietitian, Kerri Napoleon, as we discuss dietary approaches to enhance brain function. **(Free)**

Annual Campaign

All March long!

Please consider pledging a donation to support the Y, either in youth development, wellness, or other areas where your pledge can impact. See the welcome center for a pledge form.



Meditation Classes

Third Wednesday every month 10:00 – 10:30 am

Join Bonnie Davis in learning techniques to decrease anxiety and stress, improve working memory, and reduce emotional reactions. **Open to members and non-members. (Free)**