



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2019

BROOKS FAMILY YMCA | 10423 Centurion Parkway | Jacksonville, FL 32256



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**.

Sheri Nash, 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

CLASSES

SILVERSNEAKERS

Mon, Wed, and Fri 10:35am
(Gymnasium)

Tues and Thurs 10:40am
(Conf Room)

LINE DANCE

Mon and Fri 11:35am
(Gymnasium)

STRETCH and TONE

Tues and Thurs 9:30am
(Studio B)

GENTLE STRETCH and TONE

Wed 11:30am (Studio B)

GENTLE YOGA

Tues 10:30am (Studio A)
Thurs 10:30am (SMB)

CHAIR YOGA

Tues 11:45am (Conf Room)
Thurs 11:45am (Studio B)

ZUMBA GOLD

Mon and Fri 10:30am
(Studio B)

LOW IMPACT

Wed 10:30am (Studio B)

AQUA FITNESS

Mon – Fri 10:30am

AQUA AEROBICS

Sat 10:30am (Main Pool)

GENTLE AQUA and AQUA FIT

(Therapy Pool) Inquire at
the Welcome Center

PICKLEBALL

Mon, Wed, and Fri,
2:00-4:00pm (Gymnasium)

TAI CHI

Mon and Fri 11:45am
(Studio B)

TAI CHI

Mon 4:30pm (SMB)

SOCIAL EVENTS

DOMINOES

Sat, June 1, 8, 29
Mon, June 3, 10
11:30am

COLORFUL CALM/GAMES

Mon, June 3, 10, 17, 24
Studio D, 12:00pm

SPANISH LESSONS

Tues, June 4, 11, 18, 25
Thurs, June 6, 13, 20, 27
9:00am

CROCHET for a CAUSE

Fri, June 7 & July 5, 11:30am

NEW MEMBER WELCOME RECEPTION

Thurs, June 20, Studio B, 1pm

POTATO BAR

Wed, June 12, 11:45am

BOOKS@BROOKS

Thurs, June 13, 1:00pm
The Clockmaker's Daughter, by
Kate Morton

MOVIE MATINEE

Wed, June 19, 1:00pm
Dirty Rotten Scoundrels

LUNCH BUNCH

Fri, June 21, 1:00pm
Ruby Tuesday, Avenues Mall

SALAD BAR

Wed, June 26, 11:45am

BINGO!

Fri, June 28, 12:45pm

SPECIAL EVENTS FOR MEMBERS AND GUESTS

BrainFit Series sponsored by Arbor Terrace

The MIND Diet: Eat for Brain Health

Friday, June 14, 12:45pm-1:45pm, Conference Room.
Sign up at the Front Desk.

Lifestyle Cooking Series sponsored by AETNA:

Mocktails! presented by Publix Apron's Cooking School

Tuesday, June 18, 1:00pm-2:30pm, Conference Room
Sign up at the Front Desk.

Lunch and Learn, presented by Community Hospice

FAQ/Q&A about Community Hospice Services

Tuesday, June 25, 1:00pm, Conference Room
Sign up in the 50 and Better Social Event Binder.

FYI (FUN Y INFORMATION)

Congratulations! Yvonne Burnside won a Publix gift card in the April Age 50 and Better Reward Card drawing! To find out how you can participate in this monthly incentive program, stop by the front desk or email snash@fcymca.org

Thank you! To all the volunteers who have made such a positive impact at the Brooks Family YMCA: **Marianne Martin, Myra Morrison, Pedro Palomino, Paula Randall, Tommy Randall, Kathy Rushing, Roz Russell-Abdurrahman, Christine Sartor, Frank Sartor, Tomas Suarez, and Pearlean Waters.** We couldn't be successful without YOU!