



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2019

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

## 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 11<sup>th</sup> to March 15<sup>th</sup>**. 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!



**Sheri Nash, Healthy Aging Coordinator**  
P 904.854.2068 E snash@firstcoastymca.org

CONNECT WITH US  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## FIRST WATCH BRINGS BRAIN FOOD TO THE Y



FOR YOUTH DEVELOPMENT\*  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Presented by

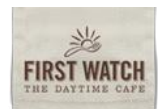
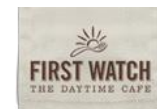
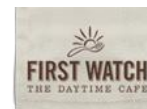


## LIFESTYLE COOKING SERIES

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](http://fcymca.org), the **Y Welcome Center**, call **904 265 1795**, or email [cwatson-irving@fcymca.org](mailto:cwatson-irving@fcymca.org)



## CLASSES

### SILVERSNEAKERS

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

Tues and Thurs 10:35am  
(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 and Thurs 10:30am  
(SMB)

### BALLROOM DANCE

Tues 11:30am (Studio B)

### 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  
Wed 9:30am

### 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

### CROCHET for a CAUSE

Fri, Mar 1 and Apr 5, 11:30am

### DOMINOES

Sat, Mar 2, 9, 16, 23, 30  
Mon, Mar 4, 11, 18, 25  
11:30am

### COLORFUL CALM

Mon, Mar 4, 11, 18, 25, 12pm

### SPANISH LESSONS

Tues, Mar 5, 12, 19, 26  
Thurs, Mar 7, 14, 21, 28  
9:00am-10:00am  
Beginners Welcome

### NEW MEMBER WELCOME RECEPTION

Thurs, Mar 7, Conf Rm, 1pm  
Thurs, Mar 21, Studio B, 1pm

### POTATO BAR

Wed, Mar 13, 11:45am

### BOOKS@BROOKS

Thurs, Mar 14, 11:45am  
*The Good Neighbor: The Life and Work of Fred Rogers*, by Maxwell King

### LUNCH BUNCH

Fri, Mar 15, 1:00pm  
Olive Garden, Regency

### MOVIE MATINEE

Wed, Mar 20, 1pm  
*Hidden Figures*

### BINGO!

Fri, Mar 22, 12:45pm

### SALAD BAR

Wed, Mar 27, 11:45am

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## Special Events for Members and Guests

### BrainFit Series sponsored by Arbor Terrace

**Normal Aging vs. Alzheimer's: *Where are My Keys?***

**Friday, Mar 8, 12:45pm-1:45pm, Conference Room.**

Sign up at the Front Desk.

### Lifestyle Cooking Series sponsored by AETNA

**Brain Food presented by First Watch**

**Tuesday, Mar 19, 12:45pm-2:15pm, Conference Room**

Sign up at the Front Desk.

### The (Scavenger) Hunt Is On!

Please support our Give to the Y fundraiser on Tuesday, March 26, from 1-3pm. Prizes will be awarded to the Top Five Finishers aged 50 and Better; minimum donation to participate is \$10. See the flyer for more information.

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## FYI (Fun Y Information)

**Brain Awareness Week, March 11-15** Be on the lookout in the Upstairs Lobby for brain exercises, nutrition information, and other ways to exercise your brain and keep it healthy!

**Congratulations! Patricia Raines** won a Jason's Deli gift card in the January 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](mailto:snash@fcymca.org).

**Colorful Calm** (Coloring for Adults) has been added to the calendar every Monday at 12pm, upstairs in Studio D; supplies are provided.