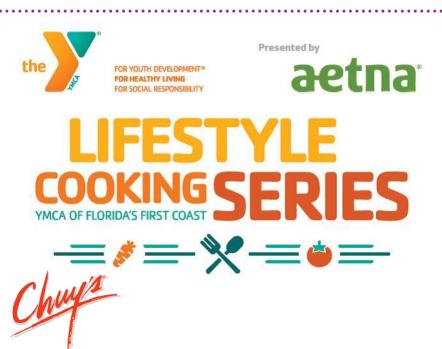


IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

November 2019

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



The final "Lifestyle Cooking Series" for 2019 will take place in November. Chefs from Chuy's Tex-Mex will present "Chihuahua! Recipes from Central America". Thanks to sponsorship from Aetna, the series is FREE and open to non-members. Cooking demonstrations are hosted at 5 Y's: Baptist North, Brooks, Dye Clay, Ponte Vedra and Williams. For dates and to reserve your spot, visit the Y Welcome Center, fcymca.org, or call 904.265.1775.



Congratulations to the winners of YIGO!, the Y's summer wellness challenge. The winners were Frank Sartor, Marian Zerbe and Gwendolyn Wilson.

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

CONNECT WITH US FirstCoastYMCA.org







12 DAYS
OF FITNESS

DECEMBER 1-31

Age 50 & Better REWARDS

Get 12 punches on your "12 Days of Fitness" Age 50 & Better Rewards
Card throughout December and you'll be entered into the drawing for the gift card.

Age 50 & Better members who visit a First Coast Y 12 times during December, and record their visits using the "12 Days of Fitness Card, will be entered into a drawing for a gift card. 1 drawing per Y branch. Cards will be available from December 1st at the Y Welcome Center. Branch winners announced in January. 12 Days of Fitness is sponsored by Dedicated Senior Medical Center.

CRUISE 2020

Join the Y for a 5 day cruise to Nassau, Bahamas and Royal Caribbean's Private Island, on the newly refurbished Mariner of the Seas. Rest assured, Hurricane Dorian didn't impact the areas of the Bahamas the cruise sails to. Cabins priced from \$610.00. Deposit due, 12/30/19. Non-members welcome. To learn more, contact Alice Brown at AAA Travel. (904) 565-7722 ext. 336. Or email 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)

PICKLEBALL

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

TAI CHI

Fri 11:45am (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

Aqua classes may be canceled at any time due to bad weather

SOCIAL EVENTS

CROCHET for a CAUSE

Fri, Nov 1 and Dec 6 11:30am

DOMINOES

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

COLORFUL CALM/GAMES

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

SPANISH LESSONS

Tues, Nov 5, 12, 19, 26 Thurs, Nov 7, 14, 21, 28 9:30am

POTATO BAR

Wed, Nov 13, 11:45am

BOOKS@BROOKS

Thurs, Nov 14, 1pm

The Great Gatsby,
by F. Scott Fitzgerald

LUNCH BUNCH

Fri, Nov 15, 1:00pm Soul Food Bistro Southside and Atlantic

MOVIE MATINEE

Wed, Nov 20, 1pm Mr. Holmes, with Ian McKellan

NEW MEMBER WELCOME RECEPTION

Thurs, Nov 21, Studio B, 1pm

SALAD BAR

Canceled!

BINGO!

Canceled!

Lifestyle Cooking Series sponsored by **AETNA**:

Chihuahua! Recipes from Central America.

Presented by Chuy's

Tues, Nov19, 1:00pm-2:30pm, Conference Room

Sign up at the Front Desk. FREE.

Non-members welcome

Lunch & Learn, sponsored by **Millennium Physician Group**

Nutritional Choices Relevant to Type 2 Diabetes Prevention and Support

Presented by Dr. Alpa Patel

welcome

Fri, Nov 22, 1:00pm, Conference Room. Sign up in the Special Event Section of the 50 & Better Social Event Binder. FREE. Non-members

FYI (FUN Y INFORMATION)

Stories Connect! Join Linda Sarkis on November 6th from 12:00pmm – 1:00pm for the Y's monthly storytelling program. November's theme is "The Best Advice I Ever Received". See flyers for details. RSVP at the Front Desk.

Congratulations! Charles Keisling. He won a Subway gift card in the September Age 50 & Better Reward Card drawing!

Happy Thanksgiving! Give thanks with friends on Tuesday,

November 26, at 1:00pm. This will be a potluck-style meal; sign up to bring your family favorites. Sign-up sheet is in the Special Event Section of the 50 & Better Social Event Binder, located across from the Front Desk.

Save the Date: December 10 - Holiday Party!



