



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

November 2019

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



Presented by



## LIFESTYLE COOKING SERIES

YMCA OF FLORIDA'S FIRST COAST



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](http://fcymca.org), or call **904.265.1775**.



Dedicated Senior Medical Center  
A CHENMED COMPANY



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 1<sup>st</sup> 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](mailto:alicebrown@autoclubgroup.aaa.com)



**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](mailto:snash@firstcoastymca.org)

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



## 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*

**Fri, Nov 22, 1:00pm, Conference Room.**

Sign up in the **Special Event Section** of the 50 & Better Social Event Binder. **FREE. Non-members welcome**

## FYI (FUN Y INFORMATION)

**Stories Connect!** Join Linda Sarkis on November 6<sup>th</sup> 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, November26, 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!**

