



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2020

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

Humana®

**PROGRAMS-IN-A-BOX,
SEPTEMBER 1ST AND 15TH,
1:00 – 1:45PM**

**FREE HEALTHY LIVING EDUCATION
VIA ZOOM**

Humana has developed many great resources to help Age 50 & Better get, or stay on the path to good health. During September, **James White from Humana** will lead two educational presentations via Zoom. A drawing for a prize will be held during each presentation!

BOOST YOUR MOOD WITH FUN & FITNESS

Tuesday, September 1st

1:00pm VIA ZOOM.

Register:

https://zoom.us/meeting/register/tJAldeysqDMvEtB-1P8_4TZVSqIIP8dG4oX

SUGAR, THE NOT SO SWEET TRUTH

Tuesday, September 15th

1:00pm VIA ZOOM

Register:

<https://zoom.us/meeting/register/tJEIdeyspjsqHt1Ohow3-6gkPqSGf82-KA3d>

After registering, you will receive a confirmation email containing information about joining the meeting. Live registration links are available on **fcymca.org** and on the **First Coast Y's Age 50 & Better Facebook** page.

Sheri Nash, Healthy Aging Coordinator

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CONNECT WITH US
FirstCoastYMCA.org



**COOKING
DEMONSTRATION
Simple Meals for One
WEDNESDAY 23RD**

SEPTEMBER, 1:00PM

The YMCA's Registered Dietician, Kerri Napoleon will host a LIVE cooking demonstration via the **Age 50 & Better Facebook page**. This demo is supported by **Humana**.

SAVE THE DATE

**VIRTUAL HEALTHCARE
ROADSHOW,
OCTOBER 5TH, 6TH, 7TH, 8TH.**

Florida Blue

In the pursuit of health[®]

The Y will host a virtual **Healthcare Roadshow**, presented by Florida Blue, from October 5th through 8th. Each day experts in health insurance will host presentations via Zoom and Facebook to help Age 60 & Better live better, and understand the resources available to them through health insurance providers.

CLASSES

SILVER SNEAKERS CLASSIC

Mon/Tues/Thurs 2pm,
Wed 1pm, Conf Room

ZUMBA GOLD

Mon 10:45am, Conf Room

LOW IMPACT

Wed 10:45am, Conf Room

CHAIR YOGA

Thurs 12pm, Conf Room

LINE DANCING

Friday 10:45am, Conf Room

AQUA FITNESS – Lap pool

Mon/Tues/Wed/Fri 10am Lap
Fri 11am

For a complete list of classes, please go to fcymca.org

AGE 50 & BETTER REWARDS



Visit the **Y on 10 different days during a calendar month** and you'll be entered into a drawing for a monthly prize! The prize is a **\$100 Publix gift card!**

Pick up a punch card at the **Welcome Center** and each day you visit any branch of the Y, ask a Welcome Center staff member to punch your card. When the card is full, place it in the jar at the Welcome Center.

Congratulations to ED FITE who was the winner of the July drawing!

SOCIAL EVENTS

Space at these events is limited.

The registration process is the same as making a Group Exercise reservation. Questions? Email: snash@fcymca.org.

THURSDAY TRIVIA

Every Thurs, 1:15pm-1:45pm, Conference Room

Exercise your brain and test your knowledge at Thursday Trivia for members **Age 50 & Better!**

Participants are required to bring their own paper and writing utensils.

CAN YOU HELP US?

Your generosity is needed to continue to provide support to our community! To donate, text **FCSTRONG62** to **71777**.

TECH TUTORING TUESDAY

1st and 3rd Tues, 12:30pm, Conference Room

Let us help you with Y-related tech issues; reserve a class, navigate the Y App, explore the website, and more. Bring your own smart phone and/or tablet.

COLOR YOURSELF CALM

2nd and 4th Tues, 12:30pm, Conference Room

Color yourself calm by having a Coloring Session for stress relief. **Participants are required to bring their own coloring supplies.**

Please be aware that all who wish to participate in social events must practice safety protocols. These include repeated cleaning and sanitation of all areas, social distancing, wearing face masks, frequent hand washing, and no sharing of personal supplies, food, drink or other items.

BOOKS@BROOKS

Wed, Sep 23, 2:30pm, Conference Room

Please read the book and be prepared to discuss. *The Alice Network*, by Kate Quinn.

MOVIE MATINEE

Wed, Sep 16, 2:15pm, Conference Room

The Great Exotic Marigold Hotel

Personal popcorn and a small bottle of water available for a \$2 donation to the *Annual Give to the Y Campaign*

BRAINFIT, PRESENTED BY MILLENNIUM PHYSICIAN GROUP

Friday 11th September, 1pm – 2:00pm, Conf Room.

Featured speaker is Anne-Marie Tucker, Founder of the Tony Meduri TBI Fund Inc.

Join fellow Y members for this educational presentation, presented by *Millennium Physician Group*, featuring *Anne-Marie Tucker*. Learn about traumatic brain injury, resources available for those with brain injuries, how to prevent falls and identify trip hazards in your house. **A drawing will be held for a \$25 gift card for participants in attendance.** *RSVP is required at the Welcome Center, or online at fcymca.org.* Class size is limited to 18. Members only. Masks required. **Questions? Email snash@fcymca.org**