



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2019

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



Age 60 & Better members who attend the YMCA 120 times between 1st October 2018 and 30th September 2019 are eligible to attend Cloud 9 2019, at the Jacksonville Zoo, on October 24th. Cloud 9 is the Y's annual celebration of our Age 60 & Better members. We honor their commitment to health and wellness. Eligible members will receive an invitation to Cloud 9 shortly after September 30th. Cloud 9 party-goers will enjoy food, awards, vendor give-a-ways, and a day out at the Jacksonville Zoo! Eligible members **RSVP at the Y Welcome Center from October 1st.**

BRAINFIT

Presented by: **Arbor Terrace**
ORTEGA • PONTE VEDRA • SAN JOSE
Assisted Living for Memory Loss
An Arbor Company Community

Join experts from Arbor Terrace each month for BrainFit. Learn tips for brain healthy living! September's topic is **Train the Brain: Name That Tune**. BrainFit is available at Brooks, Ponte Vedra, Winston and Williams Y's. **RSVP at the Welcome Center or at fcymca.org. Lunch included. FREE. Non-members welcome!**

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CONNECT WITH US
FirstCoastYMCA.org



IGNITE YOUR LIFE WITH A SPARK

SOCIAL CONNECTION • PURPOSE & PASSION • ACTIVITY • RECREATION • KNOWLEDGE

Spark is a group based, 6 week program, designed to help Age 50 & Better navigate midlife transitions and explore the next step of the journey. Available at the **Winston Y**; 221 Riverside Avenue, 32202. **Ph. 904.355.1436. Register at the Y Welcome Desk or at <https://fcymca.org/spark/>**

SAVE THE DATE HEALTH INSURANCE ROADSHOW



In the pursuit of health[®]

The 6th Annual Health Insurance Roadshow will roll into 4 Y's during October.

Talk with different health insurance representatives about changes to Medicare in 2020, and understand options for health insurance. **Make sure your Silver Sneakers or Renew Active membership continues to be covered by your plan!** The Health Insurance Roadshow schedule is as follows:

- 10/14:** Williams, 11am-2pm,
- 10/15:** Winston, 11am-2pm,
- 10/16:** Brooks, 11am-2pm,
- 10/17:** Dye Clay, 11am-2pm.

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

Mon, Sep 2, 9, 16, 23, 30
Sat, Sep 7, 14, 21, 28
11:30am

COLORFUL CALM/GAMES

Mon, Sep 2, 9, 16, 23, 30
12pm

SPANISH LESSONS

Tues, Sep 3, 10, 17, 24
Thurs, Sep 5, 12, 19, 26
9:30am

CROCHET for a CAUSE

Fri, Sep 6 and Oct 4
11:30am

POTATO BAR

Wed, Sep 11, 11:45am

BOOKS@BROOKS

Thurs, Sep 12, 1pm
East of the Mountains,
by Dave Guterson

MOVIE MATINEE

Wed, Sep 18, 1pm
As Good As It Gets
Jack Nicholson, Helen Hunt

NEW MEMBER WELCOME RECEPTION

Thurs, Sep 19, Studio B, 1pm

LUNCH BUNCH

Fri, Sep 20, 1:00pm
Secret Garden, Beach Blvd.

SALAD BAR

Wed, Sep 25, 11:45am

BINGO!

Fri, Sep 27, 12:45pm

Special Events for Members and Guests

BrainFit Series *sponsored and presented by Arbor Terrace*
Train the Brain: Name That Tune.

Friday, Sept 13, 1:00pm-2:00pm, Conference Room.
Learn how music enhances brain health. Sign up at the Front Desk.

Lifestyle Cooking Series *sponsored by AETNA:*
Simple Soup & CrockPot Recipes *presented by Chuy's*
Tuesday, Sept 17, 1:00pm-2:30pm, Conference Room
Sign up at the Front Desk.

Lunch & Learn, presented by Dedicated Senior Medical Center: Acupuncture
Thursday, September 26, 1:00pm, Conference Room
Sign up in the Special Event Section of the 50 and Better Social Event Binder, located across from the Front Desk.

FYI (Fun Y Information)

Congratulations! Wanda Scaduto won a Subway gift card in the June 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

NEW monthly event coming to Brooks YMCA October 2nd !
Introducing **Stories Connect!** This innovative event is designed to combat social isolation and increase social confidence in an entertaining, creative, and interactive way – through storytelling! Both storytellers and listeners will be needed; please see the flyer for specific details. **To register, visit the Front Desk.**