



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2019

DYE CLAY Y 3322 Moody Avenue, Orange Park, FL 32065

## 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!



**Kristi Schermerhorn, Healthy Aging Coordinator**  
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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

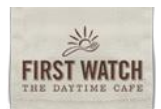
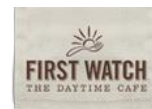
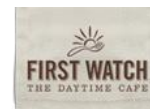


## LIFESTYLE COOKING SERIES

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)



## SOCIAL EVENTS

### KNITTING & CROCHETING

Every Wednesday & Friday, 9:00am.  
Conference Room.  
Beginners welcome.

### PICKLEBALL

Every Monday, Wednesday & Friday, 12:00pm – 2:00pm.  
Fridays are learn to play clinics!

### PRAYER GROUP

Every Tuesday, 11:00am,  
Conference Room.

### CULTURE CLUB

#### "The Best of South Ireland"

**Thursday, March 24<sup>th</sup>  
12:00pm, Studio B**

Join us for this 30 minute DVD presentation. We'll sample food from Ireland and draw for door prizes. Please sign up at table in lobby!

### MOVIE MATINEE

**Thursday, March 21<sup>st</sup>  
12:00pm, Studio B**  
"God Bless the Broken Road"

Popcorn, water and sweets provided!

### LUNCH BUNCH

**Friday, March 22<sup>nd</sup>  
12:30 PM**

OP Fish House  
636 Kingsley Avenue  
Orange Park, FL

### CHILI COOK-OFF

**Friday, March 22<sup>nd</sup>  
12:30 PM**

Ready to bring the heat? Then bring your best chili to the table! Winner to receive \$25 Visa card and bragging rights! You can also purchase lunch for \$3.00!

## CLASS SCHEDULE

### BETTER BALANCE

EVERY TUESDAY, 11:00am

### SILVERSNEAKERS CIRCUIT

EVERY MONDAY & WEDNESDAY,  
10:45am

### SILVERSNEAKERS CLASSIC

EVERY TUESDAY & THURSDAY,  
10:00am  
EVERY FRIDAY, 10:30am

### SILVERSNEAKERS YOGA

EVERY WEDNESDAY & FRIDAY,  
11:30am

### GENTLE YOGA

EVERY WEDNESDAY, 9:15am

### LINE DANCING

EVERY THURSDAY, 11:00am

### TAI CHI

EVERY MONDAY, 11:30am  
EVERY WEDNESDAY, 10:30am

### ZUMBA GOLD

EVERY MONDAY, 10:30am  
EVERY FRIDAY, 9:30am

### LIFESTYLE COOKING SERIES, PRESENTED BY AETNA, WITH FIRST WATCH

**Thursday, March 7<sup>th</sup> at 12:30pm,  
Teen Center**  
"Brain Food"

Sign up at table in lobby! **Heavy samples provided.**



### 50 & BETTER MONTHLY LUNCH

**Friday, March 8<sup>th</sup> at 12:30pm in Teen Center**

Erin Go Bragh! Wear your green and come celebrate St. Patrick's Day with reuben sliders and spirals. Bring a friend and dish to share! We will have bingo following lunch for those who care to play! Please sign up at the table in the lobby and let us know what dish you are bringing to share!

### ALHAMBRA THEATRE

**Saturday, March 30<sup>th</sup> at 11:00am**

This high-energy musical based on the film is a family-friendly smash-hit. See the movie "Big" brought to life on stage.

**Cost: \$25/pp (includes transportation, meal, show and gratuities)**



### BRAIN AWARENESS WEEK

**March 11<sup>th</sup> – 17<sup>th</sup>**

### PRESENTATION WITH CARI EYRE FROM THE ALZHEIMER'S ASSOCIATION

**Thursday, March 14<sup>th</sup> at 12:00pm**

Latest updates from research and address the impact of Alzheimer's disease to caregivers. Snack will be served.