



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2018

FLAGLER CENTER FAMILY YMCA | 12735 Gran Bay Parkway, Suite 201 | Jacksonville, FL 32258

CELEBRATE YOUR HEALTH

Join 100,000 adults in the US and Y's across Florida's First Coast on **Wednesday, May 30th** as we celebrate **National Senior Health & Fitness Day**. The goal of the day is to provide information and resources so people age 60 and better can stay active and healthy. Enjoy a day at the Y filled with exercise demonstrations, lectures, health screenings, vendors and more.



Invite friends, family and neighbors to this fun-filled day of activities! The member with the most guests will win a T-shirt. On May 30th, we are offering **FREE use of the Y** for those over the age of 60 who are not Y members. See your Healthy Aging Coordinator for details.



LET'S PLAY Y-I-GO!

Keep yourself fit and healthy during the Summer months by playing the Y's version of Wellness BINGO! Complete a variety of social, physical and mental activities during June, July and August and you could win our **Healthy Aging Y-I-GO Grand Prize!**

Y-I-GO cards will be available at Y branches in May. Read the upcoming May issue of *InMotion* for further details.

Felina Martin, Branch Executive

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CONNECT WITH US
FirstCoastYMCA.org



SHIP AHOY



Join the Y on the Royal Caribbean's **Brilliance of the Seas**. From October 29 – November 3, we will cruise to Key West and Cozumel, Mexico. Departure and return is from Tampa. Cabins are **\$650 for Y Members** and **\$750 for Non-Members**. Rates include round-trip ground transportation, Pre-Cruise Party, Y T-shirt and onboard Cabin Crawl party. **BOOK BY APRIL 23** with Alice Brown of **AAA Travel**:
alicebrown@aaasouth.com
(904)565-7722 ext. 3360.

SATURDAY COOKING SERIES AT BROOKS

AETNA has added the **Brooks Y** as a fifth Y location for its' popular cooking series. Join **Chuy's Tex-Mex** on **Saturday April 21 at 10:00am – 11:30am**. **RSVP** at the Welcome Center, or email; cwatson-irving@fcymca.org. The series is **FREE** and open to the community. All ages are welcome to attend.

WANTED: VOLUNTEERS

We need you! The Flagler Y family needs help at the Welcome Center Desk. Do you have 2 to 4 hours per week that you can help meet, greet and provide tours? If so, please see Felina Martin.

LUNCH BUNCH

Monday, April 16

12:30 pm

Wing It!

11018 Old St Augustine Rd,
Jacksonville, FL 32257

BROWN BAG BOOK CLUB!

The **second Friday of each month** join us for a Book Club discussion at 12:30pm! **April Book: *The Nightingale* by Kristin Hannah**

Visit our Facebook page for the book of the month.

SALAD BAR POTLUCK

Thursday, April 19

12:30 PM

Enjoy lettuce from the grow tower during our monthly Salad Bar Potluck. Please sign up for the topping(s) that you plan to share at the Welcome Center.

CONGRATULATIONS

Great job to all of those who participated in the trivia gallery during Brain Awareness Week. Congratulations to Elda for winning the "brain basket"!

CLASS SCHEDULE

AOA DANCE

Monday, 10:30 am

AOA Stretch & Tone

Monday, 11:15 am

SILVER SNEAKERS

CLASSIC

Tuesday, 10:30 am

CHAIR YOGA

Wednesday, 11:30 am

Line Dancing

Thursday, 11:30am

Try something NEW!

SILVERSNEAKERS BOOM

Wednesday, 9 AM

IT'S NEW! SILVERSNEAKERS BOOM IS HERE

Diversify your routine and build STRONG muscles with the new **SilverSneakers BOOM!**

This class will have you building muscles to support your active lifestyle and aid in the prevention of bone loss. And the music is reminiscent of the decades from the 60's to today's best hits. Join our instructor, Agnes for this great strength-building class **every Wednesday at 9 am.**

ROLL IT OUT WITH ROLLGA!

Thursday, April 19

6 pm – 8 pm

Join the Flagler Y for the healthiest Happy Hour in town!

Grab your friends, family or neighbors for a fun-filled evening of mocktails, mingling and our monthly special exercise class at 6:30 pm

We will be "rolling out" with the use of Rollga Foam Rolls that are ideal for muscle recovery, fascial health, and functional restoration of movement.



BRAINFIT SERIES A SUCCESS!

Learn how to maintain the power and functionality of your brain! Once of month, listen to experts share tips and tricks to maintaining a healthy brain.

Each session will contribute to helping you succeed in avoiding or delaying the onset of mind-medeling diseases. Visit the Y website at FCYMCA.org for more information.

