

WEEKLY SOCIAL EVENTS

LINE DANCING

Every Tuesday, Friday
9:00 am

BIBLE STUDY

Every Thursday
9:00 am

BIRTHDAY SOCIAL

**Friday, March 8
12:00 pm**

Let's Celebrate March Birthdays at **BJ's Restaurant & Brewhouse**. Sign up at the Welcome Center, all are welcomed.

MEMBER WELCOME RECEPTION

**Thursday, March 28
9:00 am**

We want to officially welcome you to the Y, come by and see what the Y has in store for you.

MOVIE MATINEE

**Opening Day
Noon**

Let's go to the movies at RiverCity! **Tyler Perry's Madea's Family Funeral**



CONNECT WITH US



FirstCoastYMCA.org

CLASS SCHEDULE

CARDIO CIRCUIT

Monday, Wednesday, Friday
8:00 am

CARDIO CIRCUIT

Monday, Wednesday, Friday
9:30 am

SILVERSNEAKERS

Tuesday, Thursday
10:00 am

ZUMBA GOLD

Monday, Wednesday
10:30 am

BODY MIND & SPIRIT

Monday, Wednesday, Friday
11 am

BASIC CYCLE

Tuesday, Thursday
11:15 am

HAPPY ST PATRICK'S DAY!



BUILDING RELATIONSHIPS ON THE ROAD

Sally Corp Day Trip

Tuesday, March 5TH | 9 am

Cost: FREE

30 Seats Available

Bring your own lunch and let's take a trip down town!
(Carpooling suggested)

Brain Awareness Week

March 11th – 15th

Monday 11th at 10 am

Bring a Brain Food, Brain Health Lunch N Learn by Cari Eyre, Alzheimer's Association.

Tuesday 12th – Friday 15th

Participate in BrainFit Activities.

SOCIAL RESPONSIBILITY

Introducing the Happy Birthday

**Bar, Wednesday, January 20th |
7:00 am - Noon**

On-Site Birthday Celebration for all!

Creative Corner, Monday, March 18th |

Share your poem or spoken Word, light refreshments served.





IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2019

JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209

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 11th to March 15th**. 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!



Wanetta Sky Bowden, Healthy Aging Coordinator
P 904.765.3589 E wbowden@fcymca.org

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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, the **Y Welcome Center**, call **904 265 1795**, or email cwatson-irving@fcymca.org

