



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2019

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202

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!



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CONNECT WITH US
FirstCoastYMCA.org



FIRST WATCH BRINGS BRAIN FOOD TO THE Y



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Presented by

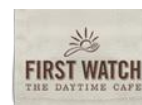


LIFESTYLE COOKING SERIES

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



CLASS SCHEDULE

MONDAY

DEEP WATER FITNESS
8:30AM-9:30AM
WATER FITNESS
10:00-10:50AM
SS CIRCUIT
9:00AM -9:45AM
SS CIRCUIT
10:30AM- 10:45AM

TUESDAY

AQUA YOGA
8:00AM-8:50AM
WATER FITNESS
9:00-10:00
SS CLASSIC
9:00-9:45AM
CHAIR YOGA
11:15AM - 12:00PM

WEDNESDAY

DEEP WATER FITNESS
8:30AM-9:30AM
WATER FITNESS
9:00-10:50AM
SS CLASSIC
9:00AM-9:45AM
LINE DANCING
10:00AM - 10:45AM

THURSDAY

AQUA YOGA
8:00AM-8:50AM
SS CLASSIC
9:00AM-9:45AM
CHAIR YOGA
11:15AM - 12:00PM
SILVER BARRE
12:15PM-12:45PM

FRIDAY

DEEP WATER FITNESS
8:30AM-9:30AM
SS CIRCUIT
9:00AM - 10:00AM
LOW IMPACT DANCE
STUDIO A
10:35AM-11:35AM

SOCIAL EVENTS

Please check the Healthy Living Center, Baptist and Florida Blue schedules for their monthly events.

Birthday Party - FREE

Tuesday March 19, 12:00pm. In the Kitchen
Sign up in the AOA Notebook

Volleyball

Tuesday, March 12, 10:00am. In the Gym

Brain Fit by Arbor Terrace

Tuesday March 12, 12:00pm. In the Kitchen
Normal Aging vs Alzheimer's. Where did I put the Keys?
Lunch included.

Join experts from Arbor Terrace Memory Care, as they teach us about the differences between normal age related memory loss and symptoms of Alzheimer's.

Sign up in the AOA Notebook.



Book club

Monday March 25, 11:00am. In the Conference Room

Bowling

Thursday March 28, 1:15pm
5310 Lenox Ave, King Pins.
Games \$1.39 each,

