



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2017

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

## ALL AGES

ONE *Amazing* ADVENTURE

Through a generous grant from Y-USA and AARP, the Florida's First Coast Y was selected to create a program that would unite generations, cultures and communities while exposing them to wellness. The result was the All Ages: One Amazing Adventure event on Saturday, November 4<sup>th</sup>. This event challenged teams to work together to navigate through downtown Jacksonville by completing a series of physical and mental challenges. There were 54 participants who walked nearly one million steps in total and ages ranged from age 30 to 88.

Feature below is the winning team from the Brooks Family Y, *Brooks Because*. Representing *Brooks Because* is Daniel Hofacker, Ana Ng, Carl Simcox, Lisa Lynch, Gezil Andrews, and Michael Reed. The team finished the race in 4 hours and 24 minutes.



Sheri Nash, Healthy Aging Coordinator  
P 904.854.2068 E snash@firstcoastymca.org

CONNECT WITH US  
FirstCoastYMCA.org



### POST THANKSGIVING FIESTA!

Thursday December 7th at 11 AM at Chuy's, St John's Town Center

Chuy's is offering our Y members a plethora of Tex-Mex classics, all at an unbeatable price. **RSVP** with your Healthy Aging Coordinator by December 4th

### GET REWARDED!



Receive **12** punches on your special edition "12 days of Fitness" Silver Rewards Card in the month of December and be entered to win a **\$40 gift card to First Watch**. One Gift Card awarded per Y location.

### NEW SERIES IN JANUARY

**Aetna Lifestyle Cooking Series** and **Brookdale BrainFit** will take place every month at select Y locations starting in January.

## CLASSES

### SILVERSNEAKERS

Mon - Fri 10:30am  
Wed 9:30am (Conf Room)

### LINE DANCE

Mon and Fri  
11:30am (Studio B)

### STRETCH AND TONE

Tues and Thurs  
9:30am (Studio B)

### GENTLE YOGA

Tues 10:30am (SMB)

### BALLROOM DANCE

Tues 11:30am (Studio B)

### CHAIR YOGA

Tues 11:45am (Conf Room)

### ZUMBA GOLD

Fri 10:30am (Studio B)

### LOW IMPACT

Wed 10:30am (Studio B)

### AQUA FITNESS

Mon - Fri 10:30am

### AQUA SPLASH

Sat 10:30am  
(Main Pool)

### GENTLE AQUA and AQUA MOTION

(Therapy Pool) Inquire at  
the Welcome Center

### PICKLEBALL

Mon, Wed, and Fri,  
2:00pm-4:00pm (Gym)

### TAI CHI

Fri 11:45am (Conf Room)

### GENTLE YOGA/TAI CHI

Mon 4:30pm (SMB)  
Fri 4:30pm (SMB)

## Congratulations!

**Denise Carey** won a \$25  
AMC theater gift card in  
the October SilverReward  
Card Drawing!

## SOCIAL EVENTS

### BINGO!

Fri, Dec 1, 12:30pm

### CROCHET for a CAUSE

Fri, Dec 1, 11:30am

### DOMINOES

Mon, Dec 4, 11, 18  
11:30am

### COLOR-FUL CALM

Tues, Dec 5, 12, 19  
11:30am

### NEW MEMBER WELCOME RECEPTION

Thurs, Dec 7, 1:00pm

### POTATO BAR

Wed, Dec 13, 11:30am

### LUNCH BUNCH

Fri, Dec 15, 1:00pm  
Golden Corral, Southside Blvd.

### BOOKS@BROOKS

Mon, Dec 18, 11:45am  
*The Lacuna*, by  
Barbara Kingsolver

### HOLIDAY POTLUCK

Wed, Dec 20, 11:45am

### BANANAGRAMS

Thurs, Dec 21, 11:30am

### SALAD BAR

Wed, Dec 27, 11:30am

### 5<sup>th</sup> FRI FEAST and BINGO!

Fri, Dec 29, 12:30pm

---

## Announcements

A **HUGE** Thank You to Brookdale Southside for sponsoring our transportation to and from the Cloud9 Party on October 26!

**Books@Brooks.** In addition to discussing this month's book, we will also be choosing the book selections for 2018. **Be advised** that the meeting may be lengthy; bring a sack lunch.

**December is Double Punch Month**, so be sure to take advantage of this opportunity to use your SilverReward Cards! The December prize is a \$25 Visa gift card. If you are not familiar with this program for everyone over age 50. please ask about it at the Welcome



---

## Special Events in December

### It's a Party!

#### Wed, Dec 20, 11:45am, Conference Room

Join the fun! Holiday potluck and (optional) gift exchange. Prize for the most festively dressed! **See the flyer for details.**

### Wine and Canvas!

#### Fri, Dec 8, 12:30pm, Conference Room

No canvases this time! We will be painting wine glasses. There **will be** a fee for this event; **see the flyer for details.**