



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218

SPRING INTO ACTION WITH BRAINFIT

According to a **Harvard Health** study, 30 minutes of moderate exercise, 5 days a week stimulates memory circuits in the brain. Learn more about **"How Physical Activity Stimulates the Brain"** at Brookdale's March BrainFit Series.

Available at **Brooks Y, Winston Y, Dye Clay Y and Williams Y.**

The series is **free.**

Non-members are welcome. A complimentary lunch is available.

RSVP at your Y's Welcome Center.



THE SEA IS CALLING!

"Fiesta at Sea" with the Y on the Royal Caribbean's **Brilliance of the Seas.** From October 29 – November 3, we will cruise around 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 your stateroom by April 23. Contact **Alice Brown at AAA Travel.** Phone: (904)565-7722 ext 336








BE BRAIN SMART: MARCH 12-16








The Y will recognize **National Brain Awareness Week** with brain related activities, educational tips on brain health, "brain games" and prizes! Visit **FCYMCA.org** for more information.

Test your mental agility by solving March's brain teaser to the right. See your Healthy Aging Coordinator for the answer! Follow us on Facebook for more brain teasers in during the month of March.

 +  +  = 30

 +  = 18

 -  = 2

 +  +  = ?

CRUISE 101

MARCH 21, BROOKS Y
11:45am – 12:45pm

Join **Alice Brown from AAA Travel**, and a representative from **Royal Caribbean**, as they answer cruise related questions. Find out what to expect on a cruise; the legal documents you need, cruise activities and more! (**Brooks Y is at 10423 Centurion Parkway.**)
RSVP by March 19 to
cwatson-irving@fcymca.org

Ericia Moore, Executive Director

P 904-296-3220 **E** emoore@firstcoastymca.org

CONNECT WITH US
FirstCoastYMCA.org



CLASS SCHEDULE

MONDAY

5:45 am Cycle
8:30 am Cycle
9:15 am BodyPump
9:30 am Yoga
10:30 am SilverSneakers

TUESDAY

5:30 am BodyPump Exp
6:00 am Cycle
9:00 am Cardio Blast
9:30 am Beginner Yoga
10:00 am BOOM
10:30 am SilverSneakers

WEDNESDAY

5:45 am Cycle
8:00 am Line Dance
8:30 am Cycle
9:15 am BodyPump
9:30 am Yoga
10:30 am SilverSneakers

THURSDAY

6:00 am Cycle
8:00 am Line Dance
9:00 am Cardio Blast
10:00 am BOOM
10:30 am SilverSneakers
11:30 am Zumba

FRIDAY

9:15 am BodyPump Exp
9:30 am Yoga
10:00 am Zumba
11:00 am SilverSneakers

SATURDAY

9:00 am Cycle
9:00 am BodyPump
9:30 am SilverSneakers
Yoga
10:00 am BodyCombat
10:30 am Tai Chi*
11:00 am Zumba
***New Class!**

Please visit the Welcome Center for a full list of classes and descriptions.

ASK THE EXPERT: HOW TO BE VEGETARIAN

**Thursday, March 15,
11:30 am – 12:30 pm**

Considering becoming a vegetarian or switching to a plant based diet? Join **YMCA Registered Dietitian**, Michele Manzie to learn more about making the switch without missing out on vital nutrients. (Free).



TALK WITH A DOC: HEALTHY RELATIONSHIPS

Meet Dr. Applewhite

Thursday, March 22, 11:30 am – 12:30 pm

Please join us for a one-hour prevention class focusing on the topic of healthy relationships. This class brings awareness to issues that affect all relationships. (Free).

LET'S GET SOCIAL!

Salad Bar Potluck

Wednesday, March 7, 11:30 am

Join us as we nibble on those great greens you've seen being grown! Bring toppings for our salad bar. Be sure to sign up at the Welcome Center.

Out to Lunch Bunch

Wednesday, March 21, 12:00 pm

Adventure after class and dine out with YMCA friends at local eateries. Sign up at the Welcome Center and vote for the restaurant of the month!

Birthday Social

Friday, March 30, 12:30pm

Let's celebrate March birthdays with our Y friends! Join us for a little cake and lots of laughter!



AETNA COOKING SERIES

PUBLIX
Aprons

Wednesday, March 28, 11:30 am – 1:00 pm

Smart Foods – Recipes That Fuel Your Brain

The amazing Chef Charbonnet will demonstrate a "Brain Food" recipe, so you can stay sharp. The series is free. Please bring a guest! **RSVP at the Welcome Center.**

