



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2018

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

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.

Sheri Nash, Healthy Aging Coordinator
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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.

CLASSES

SILVERSNEAKERS

Mon - Fri 10:45am
(Gymnasium)

LINE DANCE

Mon and Fri
11:30am (Gymnasium)

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

Mon and 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
(Gymnasium)

TAI CHI

Fri 11:45am (Studio B)

TAI CHI

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

Congratulations!

Percilla Stephens and Samira Abbo both won T-shirts in the February SilverRewards Card Drawing!

SOCIAL EVENTS

DOMINOES

Mon, April 2, 9, 16, 23, 30
Thurs, April 5, 12, 19, 26
11:30am

SPANISH LESSONS

Tues, April 3, 10, 17, 24,
Thurs, April 5, 12, 19, 26
9:00am-10:00am

NEW MEMBER WELCOME RECEPTION

Thurs, April 5, 1:00pm

CROCHET for a CAUSE

Fri, April 6, 11:30am

POTATO BAR

Wed, April 11, 11:30am

NAME THAT TUNE

Thurs, April 12, 12:30pm

BOOKS@BROOKS

Mon, April 16, 11:45am
Man's Search for Meaning, by
Victor Frankl

LUNCH BUNCH

Fri, April 20, 1:00pm
Royal Buffet, Tinseltown

Blood Pressure Self- Monitoring Program

Mon, April 23, 11:30am

SALAD BAR

Wed, April 25, 11:30am

BINGO!

Fri, April 27, 12:30pm

Special Events for Members and Guests

Aetna Cooking Series comes to Brooks!

Sat, April 21, 10:00am-12:30pm, Conference Room
Sign up in the 50 and Better Binder, located near the front desk

Financial Fitness Series

Topic: Social Security Benefits by American Financial Education Alliance

Sat, April 28, 12:30pm-2:00pm, Conference Room
Sign up in the 50 and Better Binder, located near the front desk

BrainFit

Topic: Neuroplasticity: How To Retrain Your Brain and Change Unhealthy Habits

Friday, April 13, 12:45pm-1:45pm
Sign up at the Front Desk

FYI (FUN Y Information)

Color-ful Calm

Supplies available on request. See the flyer for more details.

Royal Caribbean Cruise DEADLINE

Sign up by April 23. No need to be a Y member to enjoy the fun! **Need more info, OR a roomie?** Contact Sheri Nash at 854-2068 or snash@fcymca.org

Have You Tried It?

Tai Chi in Studio B, Fridays, 11:45 with Nick. Good for your Spirit, Mind and Body! Gentle on the joints.