



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

May 2018

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

## PLAY Y-I-GO! YOU COULD WIN A GRAND PRIZE VALUED OVER \$1,000!



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 **Y-I-GO! Grand Prize**. Pick up your **Y-I-GO!** card from your Y branch the week of **May 28<sup>TH</sup>**. Speak to your Healthy Aging Coordinator about the details and rules. The grand prize will be announced in June's *InMotion* Newsletter.

## ON MAY 30<sup>th</sup> NON-MEMBERS AGE 60 & BETTER CAN USE THE Y FOR FREE

Your Healthy Aging Coordinator is working hard to bring you a day of exercise demonstrations, lectures, and vendors in celebration of **National Senior Health & Fitness Day**. On Wednesday, May 30<sup>th</sup> Y's across Florida's First Coast will be open **FREE** of charge for non-members age 60 and better. Invite friends and neighbors to enjoy the fellowship at the Y. See the **back of your branch's newsletter** for the program of events.



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

CONNECT WITH US  
FirstCoastYMCA.org



## NOW AT THE BROOKS and DYE CLAY Y!

The AETNA Lifestyle Cooking Series is now offered at the Brooks Y on Saturdays and at the Dye Clay Y. During May chefs from Chuy's Tex-Mex will demonstrate "**Recipes That Help You Stay Active**".

The cooking series is **FREE** and open to the community. Join us at the Dye Clay Y on **Thursday May 10**; 12:30pm – 2:00pm, or at Brooks Y on **Saturday May 19**; 10:00am – 11:30am. Visit [firstcoastymca.org](http://firstcoastymca.org) for other class dates and locations.

## Y MEMBERS! GET 20% OFF UNF CLASSES

Creative Mosaic, Practical Self-Defense, How to Use Your Smartphone Video Camera, and Beginner Digital Photography classes are being offered by UNF instructors at Brooks Y and Winston Y. Members receive 20% off classes at these locations. Sign up at the Y or at [www.firstcoastymca.org/unf](http://www.firstcoastymca.org/unf)

**LEARN** Continuing Education Courses  
JACKSONVILLE



## 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)  
Thurs 11:45am (Studio B)

### 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

Mon and Fri 11:45am  
(Studio B)

### TAI CHI

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

## Congratulations!

**Jackson Driskell** won a  
\$10 Subway gift card in  
the March SilverReward  
Card Drawing!

## SOCIAL EVENTS

### SPANISH LESSONS

Thurs, May 3, 10, 17, 24, 31  
Tues, May 8, 15, 22, 29  
9:00am-10:00am

### \*TRY IT!\*

### DOMINOES

Thurs, May 3, 10, 17, 24, 31  
Mon, May 7, 14, 21, 28  
11:30am

### NEW MEMBER WELCOME RECEPTION

Thurs, May 3, 1:00pm

### CROCHET for a CAUSE

Fri, May 4, 11:30am

### POTATO BAR

Wed, May 9, 11:30am

### NAME THAT TUNE

Thurs, May 10, 11:30am

### LUNCH BUNCH

Fri, May 18, 1:00pm  
Olive Garden, Philips Hwy.

### BOOKS@BROOKS

Mon, May 21, 11:45am  
*News of the World*, by  
Paulette Giles

### SALAD BAR

Wed, May 23, 11:30am

### BINGO!

Fri, May 25, 12:30pm

### National Senior Health and Fitness Day

May 30, 12pm-2pm

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### Special Events for Members and Guests

#### Aetna Cooking Series: You Are What You Eat; Recipes To Help You Stay Active

Sat, May 19, 10:00am-11:30pm, [Conference Room](#)

Sign up at the front desk.

#### Financial Fitness Series

##### Topic: How to Live the Life of Your Dreams When You Retire

Wed, May 30, 12:00pm-2:00pm, [Conference Room](#)

Sign up in the 50 and Better Binder, located near the front desk

#### BrainFit Series with Cari Eyre from Alzheimer's Association

##### Topic: MIND DIET; Brain Healthy Foods a Person Should Eat and Unhealthy Foods To Avoid

Friday, May 11, 12:45pm-1:45pm, [Conference Room](#)

Sign up at the Front Desk

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### FYI (Fun Y Information)

#### Blood Pressure Self-Monitoring Program

This fee-based program starts **Friday, June 1**; call Lisa Peacock  
at **904 265-1810** to ask questions or enroll.

#### Wine and Canvas is coming to Brooks!

**Wednesday, May 16, 1:00pm, [Conference Room](#)**

See the flyer for more details. (No wine will be served at this  
event.)

#### 4 Weeks to Better Balance

This fee-based program starts **May 15** and is designed to  
improve mobility and stability. Email Tara at [tkeller@fcymca.org](mailto:tkeller@fcymca.org)