



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

September 2017

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

BRAINFIT AT THE Y! PRESENTED BY



Mental fitness is just as important as physical fitness, and regardless of age the brain has immense capacity for growth. We are excited to help our members develop their mind/body connection by bringing you Brookdale's **BrainFit** program. The program will run for 12 months at 4 Y locations from 1st October (Brooks, Dye Clay, Williams and Winston). The first topic is "**Seven Foods to Feed the Brain**". Other interactive workshops include ways to boost wellbeing by calming the brain, the power of music to stimulate cognition, how to improve memory and mental dexterity. Dates and times are being confirmed.

Ready, Set...RACE!



The Y and AARP are partnering up to host the inaugural "All Ages Adventure" on November 4th.

Modeled on the "Amazing Race", the "All Ages Adventure" is a multi-generational team challenge. Teams of 6, representing decades from 30 years to age 80 and better, will participate in mental and physical challenges throughout downtown Jacksonville.

Get your team together to win over \$3,000 in prizes. Registration is only \$20 per person. Each person receives a backpack and t-shirt. **Register at the Welcome Center or online at firstcoastymca.org/all-ages**

Sheri Nash, Healthy Aging Coordinator
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CONNECT WITH US
FirstCoastYMCA.org



ACTIVE AGING WEEK

September 24th – 30th

This week long event celebrates aging and highlights the capabilities of our age 50 and better members. Speak to your Healthy Aging Coordinator about branch specific events.

SAVE THE DATE

4th Annual Health Insurance Roadshow presented by Alignment Healthcare

October 2nd – 5th

11:30am – 2:00pm

At Brooks Y, Dye Clay Y, Winston Y and Barco Newton Y.

LET'S CELEBRATE!



If you have visited the Y 108 times since October 2016, check your mailbox for an invitation to the **2nd annual Cloud9 Club Party** on **October 26th**. You will be treated to lunch, live entertainment and prizes! If you haven't got an invitation yet, keep swiping in at the Y throughout September, and you may become eligible to attend. RSVP to cwatsonirving@firstcoastymca.org

CLASSES

SILVERSNEAKERS

Monday-Friday 10:30am
Wednesday 9:30am
(Conference Room)

LINE DANCE

Monday and Friday
11:30am (Studio B)

STRETCH AND TONE

Tuesday and Thursday
9:30am (Studio B)

GENTLE YOGA

Tuesday 10:30am (SMB)

BALLROOM DANCE

Tuesday 11:30am
(Studio B)

CHAIR YOGA

Tuesday 11:45am
(Conference Room)

ZUMBA GOLD

Friday 10:30am (Studio B)

LOW IMPACT

Wednesday 10:30am
(Studio B)

AQUA FITNESS

Monday-Friday 10:30am
Saturday 10:00am
(Main Pool)

GENTLE AQUA and AQUA MOTION

(Therapy Pool)
For information, inquire at
the Welcome Center.

PICKLEBALL

Monday, Wednesday, and
Friday, 2:00pm-4:00pm
(Gym)

TAI CHI

Monday 4:30pm (SMB)
Friday 11:45am (Conf Rm)
Friday 4:30pm (SMB)

Congratulations! Barbara
Arkin won Wine & Canvas
(July Silver Card Winner)

MONTHLY SOCIAL EVENTS

DOMINOES

Monday, Sept 4, 11, 18, 25
11:30am

COLOR-FUL CALM

Tuesday, Sept 5, 12, 19, 26
11:45am

NEW MEMBER WELCOME RECEPTION

Thursday, Sept 7, 1:00pm

CROCHET for a CAUSE

Friday, Sept 8, 11:30am

POTATO BAR

Wednesday, Sept 13,
11:30am

LUNCH BUNCH

Friday, Sept 15, 1:00pm
Newk's, Southside Blvd.

POTLUCK Lunch

Wednesday, Sept 20,
11:45am

BOOKS@BROOKS

Monday, Sept 18, 11:45am
God Knows, by Joseph Heller

COOKING CLASS

Thursday, Sept 27, 11:30am
Homemade Salad Dressings

SALAD BAR

Wednesday, Sept 27,
11:30am

Sign Up for These Special Events!

Age 50 and Better Appreciation Lunch Thursday, Sept 14, 11:45pm, Conference Room

Brooks YMCA loves you! See the
flyer for details.



Self Defense, Thursday, September 28, 12:30pm-3:00pm, Conference Room

Presented by H.W. Soke, Martial Artist and former Homeland
Security agent. Class content avoiding scams, self-defense
techniques appropriate to each person's physical capabilities
and strength, and situations that compromise personal
safety. This is a fee-based class; please sign up at the front
desk.

Announcements:

Many thanks to **Marianne Martin** and the
Brooks Crochet Club! Nine blankets were
donated to the Wolfson Children's Hospital
on July 13. If you would like to be a part of
this rewarding and heartwarming service,
contact Sheri Nash. Newcomers welcome!



Books@Brooks reminder:

Please bring your 2018 book selection list to
the September meeting. Please include a
brief synopsis of each book.