



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

June 2017

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

SCHOOL IS IN FOR SUMMER



“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.” — Henry Ford

You can learn everything from digital photography to kayaking to self-defense. The Y has partnered with the University of North Florida Continuing Education/LEARN Jacksonville to offer fun and exciting enrichment classes at various Y locations. For your convenience, you can experience an array of classes at 6 Y locations.

A new class offered over the summer includes “Food for Life: The Cancer Project”. The class is for anyone who has or had cancer, at high risk for cancer or has a general interest in learning the correlation between nutrition and cancer.

Y members receive a **20% discount** on classes held at Y locations. Register at any Y or online at FirstCoastYMCA.org/UNF. Summer catalogs are also available at participating Y locations. Interested in teaching a class? Contact Valerie Murphy at valerie.murphy@unf.edu or (904) 620-4255.

Sheri Nash, Healthy Aging Coordinator

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FirstCoastYMCA.org



PRIZES AND PARTY



Over the age of 65, then we want to “card you”! Get your Silver Rewards card and every time you visit the Y, we will stamp your card. Each month that you turn in your card, you become eligible to win the annual grand prize from Black Hog Farms. And in October, you are invited to join us for the **CLOUD 9 PARTY** to celebrate your success.

GRANDS AT THE Y



For only \$30 per month, **bring your grandkids** with you to the Y. Enjoy your workouts while your grands spend up to 2 hours each visit in our KidZone learning, growing and letting their imaginations soar!

CLASSES

SILVERSNEAKERS

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

LINE DANCE

Monday and Friday
11:30 am (Studio B)

STRETCH AND TONE

Tues and Thurs 9:30 am
(Studio B)

GENTLE YOGA

Tues 10:30 am (SMB)

BALLROOM DANCE

Tues 11:30 (Studio B)

CHAIR YOGA

Thursday 11:45 (SMB)

ZUMBA GOLD

Friday 10:30 (Studio B)

LOW IMPACT

Wed 10:30 am (Studio B)

AQUA FITNESS

Mon-Fri 10:30 am
Sat 10 am (Main Pool)

GENTLE AQUA and AQUA MOTION

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

PICKLEBALL

Mon, Wed, and Fri
2pm-4pm, in the gym

TAI CHI

Mon 4:30pm (SMB)
Fri 11:45am (Conf Rm)
Fri 4:30pm (Studio B)

Congratulations!

Billie Holmes won a \$20 Smoothie King gift card in the April SilverReward Card Drawing!

SOCIAL EVENTS

DOMINOES

Mon, June 5, 12, 19, 26
11:30am

COLOR-FUL CALM

Tues, June 6, 13, 20, 27
11:30am

GARDEN CLUB MEETING

Thurs, June 8, 9:30am

NEW MEMBER WELCOME RECEPTION

Thurs, June 8, 1:00pm

CROCHET for a CAUSE

Fri, June 9, 11:30am

POTATO BAR

Wed, June 14, 11:30am

LUNCH BUNCH

Fri, June 16, 1pm
Metro Diner
Southside and Baymeadows

BOOKS@BROOKS

Mon, June 19, 11:45am
A Walk in the Woods, by Bill Bryson

LUNCH & LEARN POTLUCK

Wed, June 21, 11:45am
Balance Assessment, Part 2

SALAD BAR

Wed, June 28, 11:30am

5th Friday Feast & BINGO!

Fri, June 30, 12:30pm

To sign up for an event, please look for the signup sheets in the 50 and Better Binders, located on the 2nd floor coffee table or at the Welcome Center.

Balance Assessment, Part 2, L&L Potluck

June 21, 11:30am, Conference Room

If you attended Balance Assessment, Part 1 at the March 15 Lunch & Learn, be sure not to miss Part 2! If you missed Part 1, you are still welcome to have a balance assessment, conducted by the Brooks Balance Center. Please sign up for this potluck event!

Quarterly Birthday Party Celebration

Thursday, June 22, 11:30am, 2nd Floor Lobby

If your birthday is in April, May, or June, we want to celebrate with you! Stop by for a treat!

Introducing SCRABBLE!

Friday, June 23, 12:30pm, Conference Room

Attention! SCRABBLE is being added to the regular calendar of events. Bring your thinking caps (and a sack lunch if you like) and exercise your minds! Bananagrams also available.

Education Prevention Series

Sponsored by Alignment Healthcare

Thursday, June 29, 11:30am, Conference Room

Topic: Arthritis Pain Relief. Learn tips on how to relieve the pain of arthritis and new remedies. A light lunch will be provided for those who sign up in the 50 and Better Binder. See the flyer for more details.