



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

January 2018

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

FIESTA AT SEA WITH THE YMCA!



Calling all people age 50 and better who enjoy sunshine, crystal blue waters and fun! Join us as we set sail on the Royal Caribbean's "**Brilliance of the Seas**". We depart from Tampa Port on October 29th. During this five day cruise, we will visit Key West before setting sail for Cozumel, Mexico. We return to Tampa on November 3rd. Rates are **\$650 per Y member** and **\$750 for non-members**. Prices are based on double occupancy. Port fees, taxes, Gratuities, roundtrip ground transportation, cruise T-shirt and Pre-Cruise Party are included in the rate. There are only 28 cabins available. Book your stateroom today!

WELCOME OPTUM FITNESS ADVANTAGE MEMBERS!

From 1st January 2018 the First Coast YMCA is accepting Optum Fitness Advantage. Plan holders of an eligible Medicare Advantage Plan insured by United Healthcare Co. can use Y at no cost. To check eligibility call the toll free number on the back of your health insurance card and for more information, visit **fitnessadvantage.optum.com**

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CONNECT WITH US
FirstCoastYMCA.org



SAVE THE DATE

Brain Awareness Week
March 12th – 16th.

WINTER UNF CLASSES AT THE Y

What better way to pass the winter days than learning a new skill at the Y! UNF's Winter Catalogue of Continuing Education classes is now available. Four Y locations will offer 15 unique classes, including Smartphone Filmmaking to Creative Mosaics, Photography and Kayaking. Classes start from \$25 per session.

The 100th Y member to register for a UNF class at a Y location will receive a \$100 UNF gift card.

Pick up a catalogue at a participating Y branch, view it online and register at, **firstcoastymca.org/unf/** or visit the Welcome Desk.



CLASSES

SILVERSNEAKERS

Mon - Fri 10:30am
(Conference Room)

LINE DANCE

Mon and Fri 11:30am
(Studio B)

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
(Conference Room)

ZUMBA GOLD

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
2:00- 4:00pm
(Gym)

TAI CHI

Fri 11:45am (Conf Rm)

GENTLE YOGA/TAI CHI

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

Congratulations!

Jean Lin won an
Exercise Book and DVD in
the Nov. Silver Rewards
Card Drawing!

MONTHLY SOCIAL EVENTS

DOMINOES

Mon, Jan 1, 8, 15, 22, 29
Thurs, Jan 4, 11, 18, 25
11:30am

COLOR-FUL CALM

Tues, Jan 2, 9, 16, 23, 30
11:30am

NEW MEMBER WELCOME RECEPTION

Thurs, Jan 4, 1:00pm

CROCHET for a CAUSE

Fri, Jan 5, 11:30am

POTATO BAR

Wed, Jan 10, 11:30am

BOOKS@BROOKS

Mon, Jan 15, 11:45am
A Man Called Ove, by Fredrik
Backman

POTLUCK Lunch & Learn

Wed, Jan 17, 11:45pm

LUNCH BUNCH

Fri, Jan 19, 1:00pm
Soul Food Bistro, Atlantic Blvd.

SALAD BAR

Wed, Jan 24, 11:30am

BANANAGRAMS

Thurs, Jan 25, 11:30am

BINGO!

Fri, Jan 26, 12:30pm

Announcements

Dominoes

Is now offered on Thursdays as well as Mondays.

New Monthly Event is Name That Tune!

Thursday, January 4, 11:30am, Conference Room

Needed! A volunteer to teach Spanish.

Contact Sheri Nash at 904 854-2068.

National Bubble Wrap Appreciation Day! Monday, January 29, 11:30am, Upstairs Lobby

Socialize, relieve stress, and bring out your inner child around a
sheet of bubble wrap!

Sign Up for These Special Events!

Brookdale BrainFit Series Lunch & Learn

Brain Jam: How to Use Music to Stimulate the Brain
12:45pm, Friday, Jan 12, Conference Room. Lunch included.
Sign up required.

Bracelet Making with Patty,

Wednesday, Jan 31, 11:30am, Conference Room.

Small fee for supplies.

Alignment Prevention Series Lunch & Learn 11:45am,

Day and Date _____, Conference Room, sign up required
Topic _____