



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

April 2018

3322 Moody Avenue Orange Park Florida 32065

## CELEBRATE YOUR HEALTH

Join 100,000 adults in the US and Y's across Florida's First Coast on **Wednesday, May 30<sup>th</sup>** 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 30<sup>th</sup>, 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.

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CONNECT WITH US  
[FirstCoastYMCA.org](http://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](mailto: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](mailto:cwatson-irving@fcymca.org). The series is **FREE** and open to the community. All ages are welcome to attend.

## SOCIAL EVENTS

### KNITTING & CROCHETING

Every Wednesday & Friday, 9:00AM

Conference Room.  
Beginners welcome.

### PICKLEBALL

Every Monday, Wednesday & Friday,

12:00PM – 2:00PM

Fridays are learn to play clinics!

### PRAYER GROUP

Every Tuesday, 11:00AM,  
Conference Room.

### CULTURE CLUB

#### “Scotland”

Thursday, April 26<sup>th</sup>

12:00 PM, Teen Center

Join us for this 30 minute DVD presentation. We'll also sample food from Scotland and draw for door prizes. Please sign up as seating is limited!

### MOVIE MATINEE

Thursday, April 19<sup>th</sup>

12:00 PM, Teen Center

“The Greatest Showman” in the Teen Center

Popcorn, water and dessert provided!

### LUNCH BUNCH GROUP

Friday, April 27<sup>th</sup>

12:30 PM

Pengree's

556 Kingsley Avenue  
Orange Park, FL 32073

## CONNECT WITH US



FirstCoastYMCA.org

## CLASS SCHEDULE

### BETTER BALANCE

TUESDAY, 11:00AM

### SILVERSNEAKERS CIRCUIT

MONDAY & WEDNESDAY,  
10:45AM

### SILVERSNEAKERS CLASSIC

TUESDAY/THURSDAY, 10:00AM  
FRI 10:30AM

### SILVERSNEAKERS YOGA

MONDAY, 11:30AM  
WEDNESDAY & FRIDAY, 11:30AM

### ZUMBA GOLD

MONDAY, 10:30AM  
FRIDAY, 9:30AM

### GENTLE YOGA

Wednesday, 9:15AM

### LINE DANCING

THURSDAY, 11:00AM

### TAI CHI

MONDAY, 11:30AM

## BRAINFIT AT THE Y, LUNCH & LEARN

Tuesday, April 17<sup>th</sup> at 12:00 PM, Teen Center

### “Neuroplasticity: How to Retrain Your Brain and Change Unhealthy Habits”

Do you have an unhealthy habit you'd like to break? You might want to change your eating, drinking, sleeping or exercise habits, or, break a cycle of negative thinking. This month, experts teach us how we can rewire our brain at any age to improve our physical and mental health.

**Lunch provided.**  
**Sign-up required.**



## AETNA LIFESTYLE COOKING SERIES

Thursday, April 12<sup>th</sup> at 12:30 PM, Teen Center

### “Full of Beans! How to Cook with Veggie Protein”

Are you vegetarian, or would you like to learn how to cook with vegetable based protein to make your food budget go further? Join **chefs from Chuy's Tex-Mex** for an informative cooking demonstration. They will teach you the secret to making beans tasty and a nutritious alternative to cooking with meat. **Sign-up required**

## 50 & BETTER MONTHLY LUNCHEON

Friday, April 13<sup>th</sup>, 12:30 PM, Teen Center

Let's celebrate the arrival of Spring with an Italian fare! Bring a friend and a dish to share and join us for fellowship and door prizes! Sign up in the Age 50 & Better table in the lobby. Don't forget to let us know what dish you plan to bring! Stay and play some bingo!