



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2017

ARLINGTON FAMILY YMCA | 10131 Atlantic Boulevard | Jacksonville, FL 32225

TAKE OVER IN TALLAHASSEE! FLORIDA SENIOR DAY

Join citizens throughout Florida in Tallahassee for the **Florida Senior Day**.

Members and guests will enjoy a Town Hall Meeting, complimentary lunch, tours, exhibit booths and entertainment throughout the Florida State Capital buildings.



Luxury-coach transportation provided. We are on a mission to have fun, meet great people and represent Floridians who are age 65 and better.

Wednesday, March 29

6 AM Departure to Tallahassee from Winston Family Y

10 AM | Senior Town Hall Meeting

11 AM | Entertainment at the State Capitol Complex

11:15 AM - 12 Noon | Florida Senior Day Luncheon

10 AM - 2 PM | Capitol Tours

2:30 PM | Depart to Jacksonville

\$30/Member or \$40/Non-Member

Visit the Welcome Center to reserve your seat or register online at FirstCoastYMCA.org.

CAMP FOR BOOMERS AND BEYOND

May 19 - 21

Camp is not just for kids! If you are age 50 and better, then enjoy three days of fun, laughs, adventure and s'mores at the Y Camp Immokalee in Keystone Heights, Florida. Registration is now open.

For information, contact the Welcome Center at 904-744-2233.

CONNECT WITH US
FirstCoastYMCA.org



EXERCISE YOUR BRAIN

Research has shown that seniors who were cognitively active were **2.6 times less** likely to develop Alzheimer's Disease and Dementia than those who were not. Visit your Healthy Aging Coordinator about activities planned for **Brain Awareness Week** (March 13 -19).



The answers to the February "brain workouts" are below.

WORKOUT #1

Rough and gray as rock,
I'm plain as plain can be.
But hidden deep inside there's
great beauty in me.

What am I?

ANSWER: Oyster

WORKOUT #2

What are the next two numbers
in this series: 2, 9, 16, 23, ...

ANSWER: 30 and 37

Activity provided by the
"Squigly's Brain Teaser".

SOCIAL EVENTS

ARLINGTON LUNCH BUNCH

**Friday, March 24
12:30**

Enjoy the monthly lunch bunch for dining and laughs at area restaurants.

March: Cracker Barrel,
438 Commerce Center Dr.

NEW MEMBER WELCOME RECEPTION

**Wednesday, March 22
10 AM – 11 AM**

Learn about your Y benefits, meet other members and learn how to use the equipment on the wellness floor.

GEN ALL TOUR

**Friday, March 31
12 – 1:30 PM**

Join us for the viewing of the Gen ALL video featuring members between the age of 8 and 88. And share your views on what it means to “age in America” with our Arlington panelist. A “salad bar” lunch Sign up at the Welcome Center.

SILVER REWARD WINNER FOR

January is Shirley Lockhart. She won a restaurant gift card.

MARCH BIRTHDAY CELEBRATION

Wednesday, March 15
Immediately following the Alignment Healthcare session.

REAL SENSE TAX PREP
Every Monday in March
11 AM – 12:30 PM

CLASS SCHEDULE

ZUMBA GOLD

Monday 10:00 am
Wednesday 10:00 am

GENTLE YOGA

Tuesday/Thursday 9:00 am

SILVERSNEAKERS CLASSIC

Tuesday/Thursday 10:30 am
Monday/Tuesday/Thursday
11:30 am
Wednesday 11:00 am

YOGA

Monday - Thursday
7 pm

BALLROOM DANCE LESSON

Thursday 11:00 am

LINE DANCE

Monday 9:00 am
Thursday 10:00 am

SILVERSNEAKERS YOGA

Friday 11:00/Saturday 10:30 am

TAI CHI

Friday 9:00 am

SENIOR INDOOR CYCLE

Monday/Thursday 9:00 am

ALIGNMENT HEALTHCARE PRESENTS 12-MONTH PREVENTION SERIES

Thanks to a sponsorship by Alignment Healthcare, the Arlington Y was selected to host a 12-month education series to teach you about the prevention of the most common chronic diseases. The FREE presentations are conducted by area physicians and nurses who are experts in their field. Light lunch provided.

Rescheduled Event: Heart Health and Blood Pressure
Presented by St. Vincent’s Cardiology Department
March 2 | 12 – 1:30 PM

March Topic: Brain Health and Nutrition
Presented by
March 15 | 12 – 1:30 PM

ST. PATTY’S DAY POTLUCK

Friday, March 17 | 12 Noon

Join us in a celebration with Irish traditions and festival of “green” at the St. Patty’s Day Potluck. Sign up to bring your favorite Ireland-inspired dish, deserts and beverages to share with your Y family. Dress in your “greenest green” for the opportunity to win a prize. For extra luck and the opportunity to win, bring a guest to enjoy the festivities.

