



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2017

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218

## 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](http://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.

**Ericia Moore, Executive Director**

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CONNECT WITH US  
[FirstCoastYMCA.org](http://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".

## CLASS SCHEDULE

### MONDAY

8 AM Yoga  
8:30 AM RPM  
9 AM BodyPump  
10:30 AM SilverSneakers

### TUESDAY

6 AM Cycle  
8 AM CORE  
9 AM Hip Hop Step  
10:30 AM SilverSneakers  
11:30 Zumba

### WEDNESDAY

8 AM Line Dance  
8:30 AM RPM  
9 AM BodyPump  
9:30 AM Yoga  
10:30 AM SilverSneakers

### THURSDAY

6 AM Cycle  
8 AM CORE  
9 AM Hip Hop Step  
10:30 AM SilverSneakers  
11:30 Zumba

### FRIDAY

9 AM Yoga  
10 AM Zumba  
11 AM SilverSneakers

### SATURDAY

10 AM BodyCombat  
11:15 AM CORE  
11 AM Zumba

**Please visit the Welcome Center for a full listing of classes and class descriptions.**

## YOUR Y, YOUR WAY

Our members age 50 and better experience a strong sense of belonging and a network of friends who provide support for sustained health and well-being.

Please review the below list of activities, events and social groups that take place at other Y locations. We welcome your feedback on activities that you would like to see take place at YMCA Baptist North.

- Garden Club
- Book Club
- Bible Study
- Lunch Bunch
- Walking Club
- Cooking Class
- Movie Days
- Potluck Parties
- Travel Club
- Support Groups
- Trivia Tuesdays



## ABOUT BAPTIST HEALTHY LIVING CENTER

The Healthy Living Centers (HLC) offer a variety of programs led by clinical professionals and experts. These include:

- Health Screenings
- Health Risk Assessments
- Workshops
- Classes and more

Class topics cover a wide range of areas, including nutrition, heart health, coping with cancer, medication safety, Many basic health-screening services are free and available on a walk-up basis. Visit the HLC staff to register for a **FREE BIOMETRIC SCREENING.**



## FIT AND FINE BEFORE SUMMER

We know that getting started is the hardest part. That's why **FastForward Fitness**, a 90-day program free with your membership, is designed to jumpstart your wellness journey and reward you as you make progress. The program combines the expertise of our nationally-certified personal trainers with ActivTrax technology, proven to make you four to six times more likely to achieve your wellness goals. Sign up today!

