



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2017

BROOKS YMCA | 10423 Centurion Parkway | Jacksonville, FL 32256

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.

Sheri Nash, Healthy Aging Coordinator
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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".

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!

Deb Heaney won a Happy
Box valued at \$250 in the
January SilverReward Card
Drawing!

SOCIAL EVENTS

DOMINOES

Mon, March 6, 13, 20, 27
11:30am

COLOR-FUL CALM

Tues, March 7, 14, 21, 28
11:30am

NEW MEMBER WELCOME RECEPTION

Thurs, March 2, 1:00pm

POTATO BAR

Wed, March 8, 11:30am

LUNCH & LEARN POTLUCK

Wed, March 15, 11:45am
Brooks Balance Center

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 and at the Welcome Center.

Quarterly Birthday Celebration!

Thursday, March 16, 11:30am

The Brooks Garden Club would love to celebrate with other members who have birthdays in January, February, and March.

ClearEar Lunch & Learn

Monday, March 27, 11:45

Our friends from ClearEar are returning to present a lecture on The Association between Hearing Loss and Disease. A BBQ lunch will be provided, so please sign up by March 23.

Introducing the Crochet Club!

On the second Friday of each month, beginning **March 10, 11:30am to 1:30pm**, Marianne Martin will help us learn how to crochet baby blankets for the Wolfson Children's Hospital. Supplies are provided!

New to Brooks Y? Meet your Healthy Aging Coordinator and discover the benefits of being a member of the Y. Please sign up to attend the **New Member Welcome Reception on Thursday, March 2**, in the Conference Room at 1pm.

Trip to the Cummer Museum of Art and Gardens Thursday, March 30, 12:00pm

It's a great time of year to enjoy a guided tour of the museum and gardens! There is a small fee for this event; please see the flyer for more details.

All Social Events will be held in the Conference Room unless otherwise noted.