



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2017

JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209

## 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.

**Wanetta Sky Newbill, Healthy Aging Coordinator**

P 904.765.3589 E [wbowden@firstcoastymca.org](mailto:wbowden@firstcoastymca.org)

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".

## WEEKLY SOCIAL EVENTS

### BIBLE STUDY

Every Thursday  
9:00 am

### COMPUTER BASICS 101

Every Tuesday  
11:00 am

### BLOOD PRESSURE SELF-MONITORING SCREENING PROGRAM

Every Thursday  
10:15 am

### COLOR YOURSELF CALM

Every Tuesday  
11:30 am

## NEW MEMBER WELCOME RECEPTION

**Tuesday, March 28  
12 pm**

Meet other members and learn how to use equipment.

## MARCH BIRTHDAY SOCIAL

**Tuesday, March 21  
11 am**

Join us in celebrating those born in the month of March.

## BPSM HEALTHY POTLUCK SEMINAR

**Thursday, March 30  
12:15 pm**

These seminars will highlight the importance of practicing healthy eating habits.

## CLASS SCHEDULE

### CARDIO CIRCUIT

Monday, Wednesday, Friday  
8 am

### CARDIO CIRCUIT

Monday, Wednesday, Friday  
9:30 am

### SILVERSNEAKERS

Tuesday, Thursday  
10 am

### LINE DANCING

Every Tuesday, Friday  
9:00 am

### ZUMBA GOLD

Monday, Wednesday  
10:30 am

### ENHANCE FITNESS

Monday, Wednesday, Friday  
11 am

### BASIC CYCLE

Tuesday, Thursday  
11:15 am

## MARCH MADNESS

**Chit, Chat, & Chew  
Thursday, March 9**

**11:30 am – 12:45 pm**

Lectures, spoken word, testimonies, guest speakers and more. Please sign up to attend, seating is limited. (Doors close after the lectures begin.)

**Wear Green for St. Patrick's Day  
Friday, March 17**

**9 am – 1 pm**

Wear your green, take pictures, and post them to the [FirstCoastYMCA.org](http://FirstCoastYMCA.org) website. Enter for a chance to win prizes.



## BRAIN AWARENESS WEEK

**Brain Games, Trivia & Seminars**

**March 13<sup>th</sup> – 17<sup>th</sup>  
9 am – 12 pm**

