



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2017

WILLIAMS FAMILY Y | 10415 San Jose Boulevard, Jacksonville, FL 32257

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.

Connie Smith, 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".

CLASS SCHEDULE

MONDAY

SS CIRCUIT

11:45 am – 12:30 pm

TUESDAY

YOGA STRETCH

8:00 am - 8:45 am

AOA CARDIO SCULPT

11:45 am - 12:30 pm

SS-CLASSIC

11:45 am - 12:30 pm

WEDNESDAY

SS-YOGA STRETCH

11:45 am - 12:30 pm

LINE DANCING

1:00 pm – 1:45 pm

THURSDAY

YOGA STRETCH

8:00 am - 8:45 am

CYCLE 101

10:15 am – 10:45 am

SS-CLASSIC

11:45 am - 12:30 pm

FRIDAY

SS-CIRCUIT

11:45 am - 12:30 pm

ONGOING EVENTS

1st MONDAY OF MONTH

HOT TEA in the LOBBY at

10:30am to 1:00pm

COLOR YOURSELF CALM

TUESDAYS at 12:45pm to

1:45pm

Every MONDAY CARDS

'N GAMES at 10:00am

1st and 3rd RUMMI CUBE

WEDNESDAYS at

10:00am

PICKELBALL Schedule

Tuesday 5:30-10:15am

Wednesday 5:30-8:30am

Thursday 5:30-10:15am

Friday 2:00-5:00pm

LAST FRIDAY OF MONTH

BINGO AND PIZZA

Friday, March 31st

SOCIAL EVENTS

Please **RESERVE** a spot for these events in the **50 and Better Book** located at the **Welcome Center**.

WALKING CLUB

Every Monday in March | 11:45 am

Looking to get out and enjoy the spring weather join our new walking club. We will meet in the lobby and start and finish at the Williams Family Y. All walking paces are welcome.

COLOR YOURSELF CALM

Every Tuesday in March | 12:45 pm-1:45 pm

Gentle, soothing music will promote a relaxed atmosphere.

Join us for stress relief and adult coloring.

COFFEE KLATCH

Wednesday, March 8th | 9:00 am

Join us at the Village Bread Company (10111 San Jose Blvd) and chat over coffee and biscuits. Enjoy coffee on the Y. See you there!

BRAIN AWARENESS WEEK

Monday, March 13th-17th

Discover how healthy your brain really is. Participate in a variety of activities to stimulate and “pump up” your brain cells.

NEW MEMBER WELCOME RECEPTION

Tuesday March 14th | 10:30 am – 11:30 am

Learn about all the offerings the Y provides for your membership and meet some new friends.

SELF DEFENSE

Thursday, March 16th | 12:30pm-1:30pm

Develop your awareness for your surrounds and practice self-defense techniques.

LUNCH BUNCH – San Jose Deli and Grill

Wednesday, March 29th | 12:45pm

Enjoy lunch and conversation with your favorite Y friends at San Jose Deli and Grill.

BINGO AND PIZZA

Friday, March 31st | 12:45pm-2 pm

Join us for Bingo and Pizza. The cost is \$5 for 10 games of bingo. Bring a snack or drink to share. A minimum of 15 people are required to sign up by March 27th.