



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2017

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202

## 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.

**Fredda Renshaw, Healthy Aging Coordinator**  
P 904.355.1436 E [frenshaw@FirstCoastYMCA.org](mailto:frenshaw@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".

## CLASS SCHEDULE

### MONDAY

DEEP WATER FITNESS

8:30AM-9:30AM

SS CIRCUIT

9:00AM -9:45AM

SS CIRCUIT

10:30am- 11:30am

### TUESDAY

Gentle (Arthritis) Aqua

8:00-8:50

Water Fitness

9:00-10:00

SS CIRCUIT CLASSIC

9:00AM -9:45AM

CHAIR YOGA 11:15-12:00

### WEDNESDAY

DEEP WATER FITNESS

8:30AM-9:30AM

Water Fitness

10:00-10:50

SS CLASSIC

9:00AM-9:45AM

SS CIRCUIT

10:30AM - 11:30AM

LINE DANCING

11:45AM-12:00PM

### THURSDAY

Gentle (Arthritis) Aqua

8:00-8:50

SS CLASSIC

9:00AM-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

### FRIDAY

Water Fitness

9:00-10:00

SS-CIRCUIT

9:00AM - 10:00AM

### MONTHLY BIRTHDAY PARTY

**Wednesday, March 15**

11:30 am- Join us in the lobby to celebrate!

### BOWLING

**Thursday, March 16 at**

1:00PM Meet at King Pins, 5310 Lenox Ave, \$1 game

### BOOK CLUB

**Monday, March 27**

See the bulletin board in the lobby for March book title.

## FRIDAY MUSICALE

**Friday, March 3 | 11 am**

Sidney Outlaw, Baritone, & Denise Wright

## CONNECTOR MEETING

**Tuesday, March 7 | 10 am**

Get connected with the Y and join the Winston AOA Committee. Members help coordinate activities, trips and events for those over the age of 50.

## NEW MEMBER WELCOME RECEPTION

**Monday, March 13 | 10:30 am**

Meet in the lobby. Learn about the many benefits you receive for your Y membership.

## BRAIN AWARENESS WEEK ACTIVITIES

**(March 13 - 19)**

**Lunch N Learn: Mood and Stress Relief**

**Monday, March 13 | 11:30 am**

Baptist HLC Conference Room

Only \$5 per person and menu includes salad, fruit, chips and tea. Pay at the welcome center.

**Brain Games Coloring & Puzzles**

**March 14 & 15 | 10 am - 12 noon**

Join us in the lobby and pick your fun with puzzles and coloring. Exercise your brain with some challenging games.

**AgeWell Presentation**

**Thursday, March 16 | 11:30 am**

Baptist HLC Conference Room

**Shopping and Lunch at the Avenues Mall**

**Friday, March 17 | 9:30 AM - 3:30 PM**

Let's ride JTA to the Avenues Mall! It's St Patty's Day, so wear your green.

**MEMBER ALERT:** Please inform the front desk staff of any change of address, phone numbers, or email.



**Left:** Olive and Woody with Silver Sneakers class celebrating their 72<sup>nd</sup> Wedding Anniversary **Right:** Audrey celebrating her 80<sup>th</sup>-something birthday.