



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

February 2018

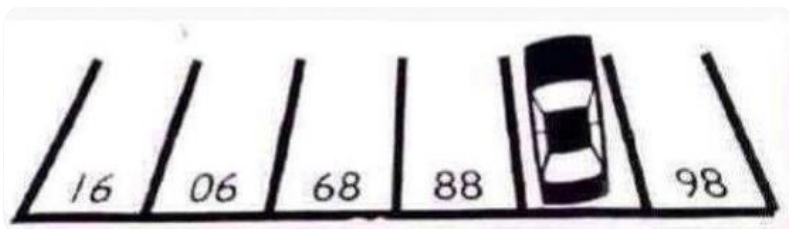
YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218

## CELEBRATE YOUR BRAIN

From **March 12<sup>th</sup> – March 16<sup>th</sup>** the Y will support the Dana Foundation, as part of **National Brain Awareness Week**. Y's will offer brain related activities, tips for brain health, games and prizes! Don't forget to attend the monthly **BRAIN FIT** presented by Brookdale at select Y locations. Visit [FCYMCA.org](http://FCYMCA.org) for more information.



Test your mental agility by solving February's puzzle! Your Healthy Aging Coordinator has the answer.  
**What spot is this car parked in?**



## LET'S SAIL THE SEAS

There is still time for you to enjoy a "Fiesta at Sea" with the Y on the Royal Caribbean's **Brilliance of the Seas**. We depart from Tampa on October 29<sup>th</sup> and return on November 3<sup>rd</sup>, after cruising to Key West and Cozumel, Mexico. Cabins are \$650 for Y Members and \$750 for Non-Members. The rate includes round-trip ground transportation, Pre-Cruise Party, Y T-shirt and onboard Cabin Crawl party. Deadline to register is April 23<sup>rd</sup>.

To book your cabin, contact **Alice Brown at AAA Travel** at (904)565-7722 ext 336 or email her at [alicebrown@autoclubgroup.aaa.com](mailto:alicebrown@autoclubgroup.aaa.com)

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



## NEW TO CRUISING? TAKE CRUISE 101



If you have never taken a cruise, then join us for **"Cruise 101" on March 21<sup>st</sup> at 11:45 am – 12:45 pm at the Brooks Y** (10423 Centurion Parkway). You will learn about what to expect on a cruise, required legal documents and more. RSVP to [cwatson-irving@fcymca.org](mailto:cwatson-irving@fcymca.org) by March 19<sup>th</sup>.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Presented by



## LIFESTYLE COOKING SERIES

YMCA OF FLORIDA'S FIRST COAST



Each month, enjoy a different topic to help you make healthier eating decisions. Chefs from Chuy's Tex Mex or Publix Aprons Cooking School will provide a cooking demonstration, recipes and samples. The event is FREE and open to the community. Seating is limited. RSVP at your local Y or at [FCYMCA.org](http://FCYMCA.org)

## CLASS SCHEDULE

### MONDAY

5:45 am Cycle  
8:30 am Cycle  
9:15 am BodyPump  
9:30 am Yoga  
10:30 am SilverSneakers

### TUESDAY

5:30 am BodyPump Exp  
6:00 am Cycle  
9:00 am Cardio Blast  
9:30 am Beginner Yoga  
10:00 am BOOM  
10:30 am SilverSneakers

### WEDNESDAY

5:45 am Cycle  
8:00 am Line Dance  
8:30 am Cycle  
9:15 am BodyPump  
9:30 am Yoga  
10:30 am SilverSneakers

### THURSDAY

6:00 am Cycle  
8:00 am Line Dance  
9:00 am Cardio Blast  
10:00 am BOOM  
10:30 am SilverSneakers  
11:30 am Zumba

### FRIDAY

9:15 am BodyPump Exp  
9:30 am Yoga  
10:00 am Zumba  
11:00 am SilverSneakers

### SATURDAY

8:00 am SilverSneakers  
Yoga  
9:00 am BodyPump  
10:00 am BodyCombat  
11:00 am Zumba

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

## HEARTWISE PREVENION

Please join us for one-hour prevention classes designed to help you focus on topics like high blood pressure and metabolic syndrome, and to bring awareness to issues affecting your heart.

**Metabolic Syndrome - Tuesday, February 13, 11:30 am**  
**Blood Pressure/An Update - Tuesday, February 20, 11:30 am**

## DIABETES PREVENTION & TREATMENT CLASS

**Tuesday, February 13, 5:30 pm**

Participants will learn about the risk factors for diabetes and how to reduce their risk through healthy eating and physical activity. For those who have already been diagnosed with diabetes, they will learn the key components of managing diabetes to prepare them for future diabetes self-management education. **(Free).**

## ASK THE EXPERT: TIPS FOR HEART HEALTHY EATING

**Thursday, February 15, 11:30 am**

Did you know you can eat your way to a healthy heart? Join YMCA Registered Dietitian, Michele Manzie, to discuss the types of food you can eat to maintain a healthy heart.

## BIRTHDAY SOCIAL!

**Friday, February 23, 12:30 pm**

Join us as we gather to celebrate all our **January** and **February** birthdays. Sweet treats will be provided as we sing **"Happy Birthday!"** and enjoy this time of fellowship. Hope to see you there!



## AETNA COOKING SERIES

**Wednesday, February 28, 11:30 am**

**Sweets and Treats - Options to Satisfy Your Sweet Tooth.**

Publix Aprons Chefs will demonstrate delicious recipes that incorporate healthy food options to accommodate every lifestyle. **This event is free.**



PUBLIX  
*Aprons.*

## JANUARY SILVER REWARD CARD WINNER.

Congratulations to Hazel McLaughlin.