



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

February 2018

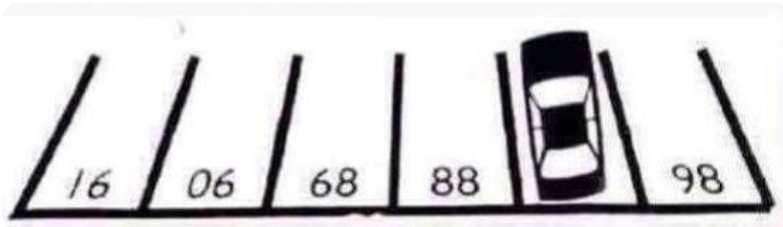
BROOKS FAMILY YMCA | 10423 Centurion Parkway | Jacksonville, FL 32256

## 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)

**Sheri Nash, Healthy Aging Coordinator**  
P 904.854.2068 E [snash@firstcoastymca.org](mailto:snash@firstcoastymca.org)

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>.



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)

## CLASSES

### SILVERSNEAKERS

Mon - Fri 10:30am  
(Conf Room)

### LINE DANCE

Mon and Fri  
11:30am (Studio B)

### STRETCH AND TONE

Tues and Thurs  
9:30am (Studio B)

### GENTLE YOGA

Tues 10:30am (SMB)

### BALLROOM DANCE

Tues 11:30am (Studio B)

### CHAIR YOGA

Tues 11:45am (Conf Room)

### ZUMBA GOLD

Fri 10:30am (Studio B)

### LOW IMPACT

Wed 10:30am (Studio B)

### AQUA FITNESS

Mon - Fri 10:30am

### AQUA SPLASH

Sat 10:30am  
(Main Pool)

### GENTLE AQUA and AQUA MOTION

(Therapy Pool) Inquire at  
the Welcome Center

### PICKLEBALL

Mon, Wed, and Fri,  
2:00pm-4:00pm (Gym)

### TAI CHI

Fri 11:45am (Conf Room)

### GENTLE YOGA/TAI CHI

Mon 4:30pm (SMB)  
Fri 4:30pm (SMB)

## Congratulations!

**Pat Reese** won a \$25  
Visa gift card in the  
December SilverReward  
Card Drawing!

## SOCIAL EVENTS

### NAME THAT TUNE!

Thurs, Feb 1, 11:45am

### NEW MEMBER WELCOME RECEPTION

Thurs, Feb 1, 1:00pm

### CROCHET for a CAUSE

Fri, Feb 2, 11:30am

### DOMINOES

Mon, Feb 5, 12, 19, 26  
Thurs, Feb 1, 8, 15, 22  
11:30am

### BROOKDALE BrainFit L&L

Fri, Feb 9, 12:45pm

### POTATO BAR

Wed, Feb 14, 11:30am

### BANANAGRAMS

Thurs, Feb 15, 11:30am

### LUNCH BUNCH

Fri, Feb 16, 1:00pm  
Cracker Barrel, JTB and I-95

### BOOKS@BROOKS

Mon, Feb 19, 11:45am  
*The Nightingale*, by  
Kristan Hannah

### POTLUCK L&L

Wed, Feb 21, 11:45am

### BINGO!

Fri, Feb 23, 12:30pm

### SALAD BAR

Wed, Feb 28, 11:30am

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## Special Events in February

### Check the Flyers for More Information

#### Cooking Class

Thurs, Feb 22, 12:00pm, Conference Room  
Sweet Potato and Black Bean Chili.  
Space is limited; small fee for supplies.

#### National Send a Card to a Friend Day

Wed, Feb 7, 12:00pm, Conference Room  
Is there someone you miss seeing at the Y? Let's reach out  
together and encourage our missing members.

#### Blood Pressure Self-Monitoring Program Kickoff, Potluck

Monday, Feb 19, 11:30am, Conference Room

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## Announcements

### Calling All Volunteers Wed, Feb 28, at 12:00pm

Current and prospective  
volunteers from Brooks and  
Arlington Y's are requested to  
attend a meeting in  
the Big Kids' Room (in the  
KidZone). We'll discuss future  
Program offerings, including  
forming an Active Older Adult  
Advisory Committee.



### COLOR-FUL CALM

Supplies available on  
request. See the flyer for  
more details