



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

February 2018

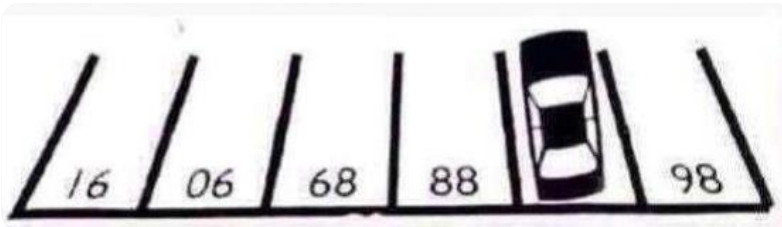
DYE CLAY YMCA | 3322 Moody Avenue | Orange Park, FL 32065

CELEBRATE YOUR BRAIN

From **March 12th** – **March 16th** 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 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 29th and return on November 3rd, 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 23rd.

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

Kristi Schermerhorn, Healthy Aging Coordinator
P 904.272.4304 E kschermerhorn@firstcoastymca.org

CONNECT WITH US
FirstCoastYMCA.org



NEW TO CRUISING? TAKE CRUISE 101



If you have never taken a cruise, then join us for **"Cruise 101" on March 21st 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 by March 19th.



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

SOCIAL EVENTS

KNITTING & CROCHETING

Every Wednesday & Friday, 9:00AM

Conference Room.
Beginners welcome.

PICKLEBALL

Every Monday, Wednesday & Friday,
12:00PM – 2:00PM
Fridays are learn to play clinics!

PRAYER GROUP

Every Tuesday, 11:00AM,
Conference Room.

CULTURE CLUB

"Jerusalem"

**Thursday, February 15th
12:00 PM, Teen Center**

Join us for this 30 minute DVD presentation. We'll also sample food from Jerusalem and draw for door prizes. Please sign up as seating is limited!

VALENTINE'S BAKE SALE

**Tuesday, February 13th
All Day in the Lobby**

Calling all bakers! Show us your baking skills by donating individually wrapped baked goods! All proceeds to benefit 50 & Better!



FirstCoastYMCA.org

CLASS SCHEDULE

BETTER BALANCE

TUESDAY, 11:00AM

SILVERSNEAKERS CIRCUIT

MONDAY & WEDNESDAY,
10:45 AM

SILVERSNEAKERS CLASSIC

TUESDAY/THURSDAY, 10:00 AM
FRI 10:30 AM

SILVERSNEAKERS YOGA

MONDAY, 11:30AM
WEDNESDAY & FRIDAY, 11:30 AM

ZUMBA GOLD

MONDAY, 10:30 AM
FRIDAY, 9:30AM

GENTLE YOGA

Wednesday, 9:15 AM

LINE DANCING

THURSDAY, 11:00 AM

TAI CHI

MONDAY, 11:30 AM

BRAINFIT BY BROOKDALE AT THE Y, LUNCH & LEARN

Tuesday, February 20th at 12:00 PM, Teen Center
"In Retrospect: Craft Your Own Memory Box"

Join Brookdale's experts each month for BrainFit! This month their experts will teach us how create a Memory Box, to provide an opportunity to preserve your memories AND improve inter-generational communication. Lunch will be provided. Please sign up at the 50 & Better table in the lobby!



50 & BETTER MONTHLY LUNCHEON

Friday, February 9th, 12:00 PM, Teen Center

Roses are red and violets are blue and we want to celebrate an early Valentine's Day with you! All you need is love and good friends and of course some yummy food! Please join us for a potato bar with all the fixings! Bring a friend and a dish to share and join us for fellowship and of course some door prizes! Please sign up at the 50 & Better table in the lobby and don't forget to let us know what dish you plan to bring!

We will be bringing back bingo for those that want to stay and have the opportunity to win a lot of great new prizes!