



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

February 2018

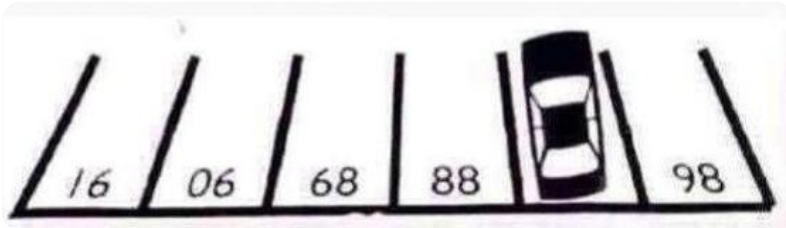
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FLAGLER CENTER FAMILY YMCA | 12735 Gran Bay Parkway, Suite 201 | Jacksonville, FL 32258
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CELEBRATE YOUR BRAIN

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

Felina Martin, Branch Executive

P 904-370-9622 **E** fmartin@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

WANTED: VOLUNTEERS

We need you! The Flagler Y family needs help at the Welcome Center Desk. Do you have 2 to 4 hours per week that you can help meet, greet and provide tours? If so, please see Felina Martin.

LUNCH BUNCH

February TBA

12:30 pm

Wing It!

11018 Old St Augustine Rd,
Jacksonville, FL 32257

LEARN SPANISH!

You can learn Spanish for FREE! Every **Monday at 12:30** in the large conference room, join Aida a one hour session of Espanol.

BROWN BAG BOOK CLUB!

The **second Friday of each month** join us for a Book Club discussion at 12:30pm! Visit our Facebook page for the book of the month.

SALAD BAR POTLUCK

Thursday, February 22
12:30 PM

Enjoy lettuce from the grow tower during our monthly Salad Bar Potluck. Please sign up for the topping(s) that you plan to share at the Welcome Center.

CLASS SCHEDULE

AOA DANCE

Monday, 10:30 am

AOA Stretch & Tone

Monday, 11:15 am

SILVER SNEAKERS CLASSIC

Tuesday, 10:30 am

CHAIR YOGA

Wednesday, 11:30 am

Line Dancing

Thursday, 11:30am

Try something NEW!
SILVERSNEAKERS BOOM
Wednesday, 9 AM

IT'S NEW! SILVERSNEAKERS BOOM IS HERE

Diversify your routine and build STRONG muscles with the new **SilverSneakers BOOM!**

This class will have your building muscles to support your active lifestyle. And the music is reminiscent of the decades from the 60's to today's best hits. Join our instructor, Agnes for this great strength-building class every Wednesday at 9:30 am .



Thursday, February 15 6
pm – 8 pm

Join us for a special **HAPPY HOUR** with a "paint night" by **Painting with Purpose**. We will be inspired by a loving scripture from the Bible for our artwork, "where two or three are gathered in my name" Matt 18:20.

Artist and Pastor, Kelly, will present a unique work of art for participants to replicate. All supplies will be provided. Only \$20 per person. Limited to 15 people. Sign up at the Welcome Center to reserve your seat.
Mocktails and snacks provided.

PERSONAL TRAINING WITH PRATEEN PATEL

Do you need a extra push to your routine? Schedule a **FREE 15-minute Fitness Assessment** with our personal trainer, Prateen and receive **\$10 Y Bucks**.

Sign up at the Welcome Center.
Hours: M/W/F 10 am–1:30 pm

