



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

February 2018

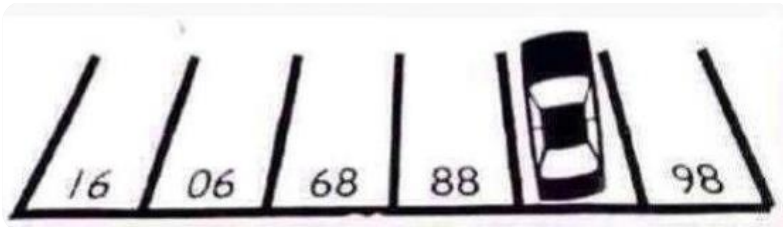
JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209

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

Wanetta Sky Newbill, Healthy Aging Coordinator
P 904.765.3589 E wnewbill@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.



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

WEEKLY SOCIAL EVENTS

LINE DANCING

Every Tuesday, Friday
9:00 am

BIBLE STUDY

Every Thursday
9:00 am

COMPUTER BASICS 101

Every Other Tuesday
11:00 am

NEW MEMBER WELCOME RECEPTION

Thursday, February 22
12:00 pm

Welcome! Get to know other members, staff and your Y. Light refreshments served.

FEBRUARY BIRTHDAY SOCIAL

Tuesday, February 20
12:00 pm

Were you born in February? Then join us in celebration of your birthday! Sign up at the Welcome Center for the restaurant choice of the month.

100 GRANDMAS AND GRANDPAS SOCIAL

Thursday, February 22
11:00 am

100 Grands will be joining us to discuss diabetes and the physical impact of this chronic disease.

WINTERTIME ACTIVITIES

Pickle Ball Tournament
February 26 – 28,
at 6:00 am

Join, Share, and Like our
First Coast YMCA's 50 &
Better page!

CLASS SCHEDULE

CARDIO CIRCUIT

Monday, Wednesday, Friday
8:00 am

CARDIO CIRCUIT

Monday, Wednesday, Friday
9:30 am

SILVERSNEAKERS

Tuesday, Thursday
10:00 am

ZUMBA GOLD

Monday, Wednesday
10:30 am

ENHANCE FITNESS

Monday, Wednesday, Friday
11:00 am

BASIC CYCLE

Tuesday, Thursday
11:15 am



HERE FOR THE YOUNG AT HEART!

I Love Black History

February 1 thru February 28

Celebrate food, fashion, passion and inventions all month long.

Chili Cook Off

February 28, 12 pm

Cost: \$2.00 per person for Chili Cook Off

Valentine's Day Bake Sale

February 14

9:00 am – 1:00 pm

1st Place Prize for Best Baked Baker!



LET'S GET MOVING... AND MOVING SOME MORE!

The Lion King Musical

Tuesday, February 6, 7:00pm

Cost: \$50.00 per person.

Daytona Flea Market and Dine at Duff's

Saturday, February 24

Join us as we drive to Daytona FL, shop, lunch, visit exhibitors, and have lots of fun.

