



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

February 2018

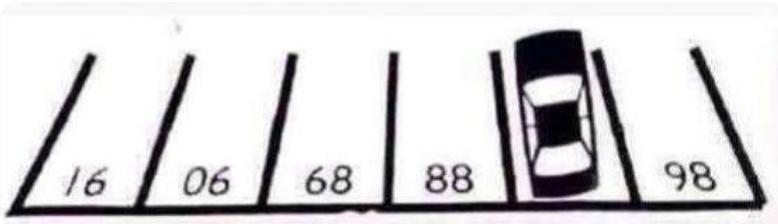
WILLIAMS FAMILY YMCA | 10415 San Jose Boulevard | Jacksonville, FL 32257

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

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

Connie Smith, Healthy Aging Coordinator

P 904.292.1660 E csmith@FirstCoastYMCA.org

CONNECT WITH US
FirstCoastYMCA.org



CLASS SCHEDULE

MONDAY

Walking Club

10:30am – 11:15am

SS Circuit Express

11:30am – 12:00pm

Yoga Stretch

12:00pm – 12:45pm

TUESDAY

Yoga Stretch

8:00am - 8:45am

SS-Classic

11:45am – 12:30pm

AOA Cardio Sculpt

11:45am – 12:30pm

WEDNESDAY

SS Circuit Express

11:30am – 12:00pm

Yoga Stretch

12:00pm – 12:45pm

Line Dancing

1:00pm – 1:45pm

THURSDAY

Yoga Stretch

8:00am - 8:45am

Morning Stretch

8:30am - 9:00am

SS-Classic

11:45am - 12:30pm

Tai Chi **

11:45am - 12:30pm

Starts February 8th

FRIDAY

SS-Circuit

11:45am - 12:30pm

ONGOING EVENTS

CARDS 'N GAMES

MONDAYS at 10:00am

1st and 3rd RUMMI CUBE

WEDNESDAYS at

10:00am

WALKING CLUB

MONDAYS at 10:45am

PICKLEBALL Schedule

Tuesday 5:30-10:15am

Wednesday 5:30-8:30am

Thursday 5:30-10:15am

SOCIAL EVENTS

SUPERBOWL POTLUCK-50 and Better Potluck

Friday, February 2nd | 12:45 pm

Wear your favorite sports team colors, and bring your famous Chili or favorite appetizer to share with your Y friends. Sign-up in the Age 50 and Better Book at the Welcome Center and let us know what you are bringing to share at the potluck.

Y NOT THURSDAYS?

Thursday, February 8th | 3:00pm

Enjoy an early dinner and conversation with your favorite Y friends. This month we will venture to Blue Pacific Tacos at 9965 San Jose Blvd Ste #48.

AETNA COOKING DEMO SERIES

Sweets and Treats: Options to Satisfy Your Sweet Tooth

Monday, February 12th | 1:15pm

Join us for a cooking demo sponsored by AETNA. This month our Chef will be here from the Publix Apron's Cooking School.

NEW MEMBER WELCOME RECEPTION

Tuesday, February 13th | 10:30am – 11:30am

Learn about all the offerings included in your Y membership.

WATER FITNESS GROUP LUNCH BUNCH – WING IT

Friday, February 16th | 12:45pm

Enjoy lunch and conversation with your favorite water fitness friends at **Wing-It at 11018 Old St Augustine Rd**. Reserve your spot in the Age 50 and Better Book or email Connie Smith at csmith@firstcoastymca.com to RSVP.

BROOKDALE BRAIN FIT SERIES – In Retrospect:

Craft Your Own Memory Box

Friday, February 23rd | 1:15pm

Join us for the second in our BrainFit Series, sponsored by Brookdale. This month, their experts will demonstrate how you can preserve memories by creating a Memory Box. Lunch is provided. Please sign-up.

ABCD's of Medicare with American Financial Education Alliance

Tuesday, February 27th | 12:45pm

Join non-profit AFEA for this workshop, as their experts explain what Medicare does and doesn't cover.

Coffee Klatch – Allegro Coffee At Whole Foods

Wednesday, February 28th | 9:00am

Join us at Allegro Coffee Bar at Whole Foods (10601 San Jose Blvd) and chat over coffee and biscuits. Enjoy a cup of coffee on the Y.