



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

February 2018

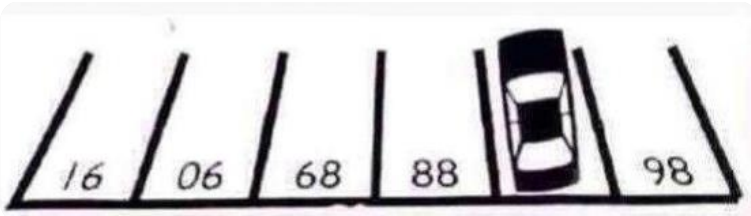
WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202

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?



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.

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



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

Fredda Renshaw, Healthy Aging Coordinator

P 904.355.1436 ext 1411 E frenshaw@FirstCoastYMCA.org

CONNECT WITH US
FirstCoastYMCA.org



CLASS SCHEDULE

MONDAY

Deep Water Fitness

8:30AM-9:30AM

Silver Sneakers Circuit

9:00AM -9:45AM

Silver Sneakers Circuit

10:30AM- 11:30AM

Stability-New

11:45AM-12:30PM

TUESDAY

Gentle (Arthritis) Aqua

8:00AM-8:50AM

Water Fitness

9:00AM-10:00AM

Silver Sneakers Circuit Classic,

9:00AM -9:45AM

Chair Yoga

11:15AM-12:00AM

WEDNESDAY

Deep Water Fitness

8:30AM-9:30AM

Silver Sneakers Classic

9:00AM-9:45AM (Feb only)

Water Fitness

10:00AM-10:50AM

Silver Sneakers Circuit

10:30AM - 11:30AM

Line Dancing

11:45AM-12:30PM

THURSDAY

Gentle (Arthritis) Aqua

8:00AM-8:50AM

Silver Sneakers Classic

9:00AM-9:45AM

Chair Yoga

11:15AM - 12:00PM

FRIDAY

Water Fitness

9:00AM-10:00AM

Silver Sneakers Circuit

9:00AM - 10:00AM

Cardio Dance

10:30AM-11:30AM

Stability - New

11:45AM-12:30PM

SOCIAL EVENTS

Social Media Class, Thursday, February 1, 11:00AM With Florida Blue

In the Healthy Living Conference Room. **Free!**

What Do You Know About High Blood Pressure, Monday February 5, 12:00PM

With the American Heart Association

In the Healthy Living Conference Room. **Free!**

Florida Blue Breakfast For You, Thursday February 8, 10:00AM

In the Healthy Living Conference Room. **Free!**

Cooking Demo-SEEDifferently; Heart Healthy Recipe Monday February 12, 12:00PM

Kitchen. **Free!**

Brookdale's BrainFit Lunch and Learn, Tuesday, February 13, 12:00PM

Craft Your Own Memory Box

Lunch will be provided

Kitchen. **Free!**

Join us for the second of this highly popular BrainFit series. This month, Brookdale's experts will demonstrate how to craft meaningful memories by building a Memory Box.

Bring a guest!



Baptist Event: Blood Pressure, Wednesday, February 14, 12:00PM

In the Healthy Living Conference. **Free!**

Bingo, Thursday, February 15, 10:00AM

New Prizes. The Caller is Ellie.

In the Healthy Living Conference Room. **Free!**

Baptist Event, Metabolic Syndrome, Wednesday February 21, 12:00PM

In the Healthy Living Conference Room. **Free!**

ABCD's of Medicare, Monday, February 26, 11:30AM

Join experts from this non-profit, the American Financial Education Alliance, as they remove the confusion about Medicare, what it does and doesn't

Cover. YMCA Conference Room

Lunch provided. Free!



NOTICE: Please inform the front desk of any **change of address, phone numbers, or email.** Don't miss any great events!