



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | Fleming Island, FL 32003

SPRING INTO ACTION WITH BRAINFIT

According to a **Harvard Health** study, 30 minutes of moderate exercise, 5 days a week stimulates memory circuits in the brain. Learn more about **"How Physical Activity Stimulates the Brain"** at Brookdale's March BrainFit Series.

Available at **Brooks Y, Winston Y, Dye Clay Y and Williams Y.**

The series is **free.**

Non-members are welcome. A complimentary lunch is available.

RSVP at your Y's Welcome Center.



BE BRAIN SMART: MARCH 12-16



The Y will recognize **National Brain Awareness Week** with brain related activities, educational tips on brain health, "brain games" and prizes!

Visit **FCYMCA.org** for more information.

Test your mental agility by solving March's brain teaser to the right. See your Healthy Aging Coordinator for the answer! Follow us on Facebook for more brain teasers in during the month of March.

$$\text{Apple} + \text{Apple} + \text{Apple} = 30$$

$$\text{Apple} + \text{Banana} + \text{Banana} = 18$$

$$\text{Banana} - \text{Coconut} = 2$$

$$\text{Coconut} + \text{Apple} + \text{Banana} = ?$$

THE SEA IS CALLING!

"Fiesta at Sea" with the Y on the Royal Caribbean's **Brilliance of the Seas.** From October 29 – November 3, we will cruise around Key West and Cozumel, Mexico. Departure and return is from Tampa. Cabins are \$650 for Y Members and \$750 for Non-Members. Rates include round-trip ground transportation, Pre-Cruise Party, Y T-shirt and onboard Cabin Crawl party. Book your stateroom by April 23. Contact **Alice Brown at AAA Travel.** Phone: (904)565-7722 ext 336



CRUISE 101

MARCH 21, BROOKS Y
11:45am – 12:45pm

Join **Alice Brown from AAA Travel,** and a representative from **Royal Caribbean,** as they answer cruise related questions. Find out what to expect on a cruise; the legal documents you need, cruise activities and more! (**Brooks Y is at 10423 Centurion Parkway.** **RSVP by March 19 to** cwatson-irving@fcymca.org)

Kayla Van Bebber, Healthy Aging Coordinator
P (904) 278-9622 E k@fcymca.org

CONNECT WITH US
FirstCoastYMCA.org



SOCIAL EVENTS

1ST FRIDAYS

Friday, March 2
9am-12pm

NATIONAL POPCORN LOVER'S DAY

Thursday, March 8
ALL DAY

Bring a friend and stop in for some complimentary popcorn.

BRAIN AWARENESS WEEK

March 12-16

ST PADDY'S DAY POT LUCK

Wednesday, March 14
12:00pm

PICKLEBALL OPEN COURT

Tues/Thurs/Fridays
11:00am-2:00pm

EASTER BAKE SALE Thursday, March 29 ALL DAY

Donate or pick up delicious holiday treats in time for Easter. If you'd like to donate a treat or dessert **please sign up at the Welcome Center**. All proceeds and donations go to helping families in our local community.



CLASS SCHEDULE

AOA CARDIO

Tuesday, 11:15am

AOA STRENGTH

Thursday, 11:15am

AQUA FITNESS

Mon/Wed/Fri/Sat, 10:00am

CHAIR PILATES

Wednesday, 10:00am

GENTLE YOGA

Tuesday, 11:00am, 6:30pm
Friday, 8:00am

SILVERSNEAKERS CLASSIC

Monday/Thursday, 10:00am

SILVERSNEAKERS CIRCUIT

Tuesday/Friday, 10:15am

SILVERSNEAKERS YOGA

Monday/Wednesday, 11:00am

TAI CHI

Saturday, 10:30am

YIN YOGA

Tuesday 12:00pm
Friday 7:30am

ZUMBA GOLD

Tuesday/Thursday, 10:15am

AETNA Lifestyle Cooking Series

Smart Foods: Recipes That Fuel Your Brain

Thursday March 8 12:30pm

Join Aetna as their Lifestyle Cooking series continues.

Publix Apron's Cooking School will demonstrate "Brain Friendly" recipes. **RSVP at the Welcome Center.**



St. Patrick's Day Pot Luck Luncheon

Wednesday, March 14, 12:00pm

Wear your green and bring your shamrocks to celebrate St. Patrick's Day at the Y! Guests are welcome.

1ST FRIDAYS

Friday, March 2, 9am-12pm

Join our monthly party the First Friday of every month.

- **Free** Blood Pressure readings and Fitness Assessments
- **Free** Healthy Snacks
- Car Wash by Whites Auto Detailing (details at Welcome Center)
- Vendor **Shopping**