



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

BROOKS FAMILY YMCA | 10423 Centurion Parkway | Jacksonville, FL 32256

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.



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

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.

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

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

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

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



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

Sheri Nash, Healthy Aging Coordinator
P 904.854.2068 E snash@firstcoastymca.org

CONNECT WITH US
FirstCoastYMCA.org



CLASSES

SILVERSNEAKERS

Mon - Fri 10:45am
(Gymnasium)

LINE DANCE

Mon and Fri
11:30am (Gymnasium)

STRETCH AND TONE

Tues and Thurs
9:30am (Studio B)

GENTLE YOGA

Tues 10:30am (SMB)

BALLROOM DANCE

Tues 11:30am (Studio B)

CHAIR YOGA

Tues 11:45am (Conf Room)

ZUMBA GOLD

Mon and Fri
10:30am (Studio B)

LOW IMPACT

Wed 10:30am (Studio B)

AQUA FITNESS

Mon - Fri 10:30am

AQUA SPLASH

Sat 10:30am
(Main Pool)

GENTLE AQUA and AQUA MOTION

(Therapy Pool) Inquire at
the Welcome Center

PICKLEBALL

Mon, Wed, and Fri,
2:00pm-4:00pm
(Gymnasium)

TAI CHI

Fri 11:45am (Studio B)

TAI CHI

Mon 4:30pm (SMB)
Fri 4:30pm (SMB)

Congratulations!

Pam Schreck won a First
Watch gift card in the
January SilverReward Card
Drawing!

SOCIAL EVENTS

NEW MEMBER WELCOME RECEPTION

Thurs, March 1, 1:00pm

CROCHET for a CAUSE

Fri, March 2, 11:30am

DOMINOES

Mon, March 5, 12, 19, 26
Thurs, March 1, 8, 15, 22, 29
11:30am

SPANISH LESSONS

Tues, March 6, 13, 20, 27
Thurs, March 8, 15, 22, 29
9:00am-10:00am

BrainFit L&L

Fri, March 9, 12:45pm

POTATO BAR

Wed, March 14, 11:30am

LUNCH BUNCH

Fri, March 16, 1:00pm
Miller's Ale House, Tinseltown

BOOKS@BROOKS

Mon, March 19, 11:45am
Hidden Figures, by
Margot Lee Shetterly

Blood Pressure Self- Monitoring Program

Mon, March 26, 11:30am

SALAD BAR

Wed, March 28, 11:30am

5th FRI FEAST and BINGO!

Fri, March 30, 12:30pm

Announcements/Special Events

Financial Fitness Series Breakfast

Tax Breaks for Small Business Owners, by National Life Group.

Sat, March 17, 9:00am, Conf. Room

This event is free and guests are welcome; RSVP in the Binder.

BrainFit by Brookdale

Spring into Action: How Physical Activity Improves Brain Function.

Fri, March 9, 12:45pm, Conf. Room

Lunch is provided. This event is free and guests are welcome,
but space is limited; RSVP at the Welcome Center.

Hola! Spanish Lessons are now available!

Tues and Thurs mornings, 9:00am, Conf. Room

Mr. Pedro Palomino welcomes everyone who would like to learn
this wonderful language!

Flower Arranging with Shirley

Thurs, March 29, 12:00pm, Conf. Room

Small fee for supplies. See the flyer for details.

Have Cruise Questions? Cruisin' 101: Wed, March 21,
11:45am, Conf. Room. Representatives from both AAA Travel
and Royal Caribbean will be available to help.

City of Jacksonville Fish-a-Thon is March 20. Check the
binder for transportation details.

Interested in signing up for Social Events? The 50 and
Better Binder now has it's own table conveniently located near
the Front Desk!