



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

DYE CLAY YMCA | 3322 Moody Avenue | Orange Park, FL 32065

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.

	+		+		=	30
	+		+		=	18
	-		=	2		
	+		+		=	?



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

Kristi Schermerhorn, Healthy Aging Coordinator
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CONNECT WITH US
FirstCoastYMCA.org



SOCIAL EVENTS

KNITTING & CROCHETING

Every Wednesday & Friday, 9:00AM

Conference Room.
Beginners welcome.

PICKLEBALL

Every Monday, Wednesday & Friday,
12:00PM – 2:00PM
Fridays are learn to play clinics!

PRAYER GROUP

Every Tuesday, 11:00AM,
Conference Room.

CULTURE CLUB "Ireland"

**Thursday, March 15th
12:00 PM, Teen Center**

Join us for this 30 minute DVD presentation. We'll also sample food from Ireland and draw for door prizes. Please sign up as seating is limited!

MOVIE MATINEE

**Thursday, March 22nd
12:00 PM, Teen Center
"Wonder" in Teen Center**

Popcorn, water and sweet provided!

PASSION PLAY

**Saturday, March 31st
1:00 PM, FBC of Jax**

Free Admission and transportation will be provided if we have enough sign up.

LUNCH BUNCH GROUP

**Friday, March 16th
12:30 PM, Metro Diner**

2034 Kingsley Avenue
Orange Park, FL 32073

FirstCoastYMCA.org

CLASS SCHEDULE

BETTER BALANCE

TUESDAY, 11:00AM

SILVERSNEAKERS CIRCUIT

MONDAY & WEDNESDAY,
10:45 AM

SILVERSNEAKERS CLASSIC

TUESDAY/THURSDAY, 10:00 AM
FRI 10:30 AM

SILVERSNEAKERS YOGA

MONDAY, 11:30AM
WEDNESDAY & FRIDAY, 11:30 AM

ZUMBA GOLD

MONDAY, 10:30 AM
FRIDAY, 9:30AM

GENTLE YOGA

Wednesday, 9:15 AM

LINE DANCING

THURSDAY, 11:00 AM

TAI CHI

MONDAY, 11:30 AM

BRAINFIT BY BROOKDALE AT THE Y, LUNCH & LEARN

Tuesday, March 27th at 12:00 PM, Teen Center

"Spring Into Action: How Physical Activity Improves Brain Function"

This month, Brookdale will teach us how physical activity improves our brains and how different types of activity impact us. Lunch will be provided. Please sign up at the 50 & Better table in the lobby!



50 & BETTER MONTHLY LUNCHEON

Friday, March 9th, 12:30 PM, Teen Center

Erin Go Bragh! Come channel your inner leprechaun and celebrate St. Patrick's Day early with some good friends and some Irish stew! Bring a friend and a dish to share and join us for fellowship and of course some door prizes! Please sign up at the 50 & Better table in the lobby and don't forget to let us know what dish you plan to bring! Stay and play some bingo!

