



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

FLAGLER CENTER FAMILY YMCA | 12735 Gran Bay Parkway, Suite 201 | Jacksonville, FL 32258

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

Felina Martin, Branch Executive
P 904-370-9622 E fmartin@firstcoastymca.org

CONNECT WITH US
FirstCoastYMCA.org



WANTED: VOLUNTEERS

We need you! The Flagler Y family needs help at the Welcome Center Desk. Do you have 2 to 4 hours per week that you can help meet, greet and provide tours? If so, please see Felina Martin.

LUNCH BUNCH

March TBA

12:30 pm

Wing It!

11018 Old St Augustine Rd,
Jacksonville, FL 32257

BROWN BAG BOOK CLUB!

The **second Friday of each month** join us for a Book Club discussion at 12:30pm! **March Book: *The Cuban Affair*.**

Visit our Facebook page for the book of the month.

SALAD BAR POTLUCK

Thursday, March 22
12:30 PM

Enjoy lettuce from the grow tower during our monthly Salad Bar Potluck. Please sign up for the topping(s) that you plan to share at the Welcome Center.

CLASS SCHEDULE

AOA DANCE

Monday, 10:30 am

AOA Stretch & Tone

Monday, 11:15 am

SILVER SNEAKERS CLASSIC

Tuesday, 10:30 am

CHAIR YOGA

Wednesday, 11:30 am

Line Dancing

Thursday, 11:30am

Try something NEW!
SILVERSNEAKERS BOOM
Wednesday, 9 AM

IT'S NEW! SILVERSNEAKERS BOOM IS HERE

Diversify your routine and build STRONG muscles with the new **SilverSneakers BOOM!**

This class will have your building muscles to support your active lifestyle. And the music is reminiscent of the decades from the 60's to today's best hits. Join our instructor, Agnes for this great strength-building class every Wednesday at 9:30 am .

COOKING WITH GLADYS

Tuesday, March 13

11:30 am – 12:30 pm

In recognition of **National Brain Awareness Week**, join Gladys for a cooking demonstration using "brain healthy" ingredients.

You will learn how to prepare a meal that is not only delicious but also nutrition for maintaining brain neurons. The recipe and the book "Successful Aging and Your Brain" will be provided. RSVP at the Welcome Center.

Other activities for the week include trivia, brain teasers and a board game competition.



GET SOCIAL, BE HAPPY



Thursday, March 15

6 pm – 8 pm

Join us "after hours" for the healthiest happy hour in town. You can participate in the evening's special exercise class, sip on our custom mocktails or play some fabulous board games. The March special class is a "Mean Green Progressive GX Routine". Guests are welcome.