



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209

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.

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

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

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

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

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CONNECT WITH US
FirstCoastYMCA.org



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

SOCIAL EVENTS

LINE DANCING

Every Tuesday & Friday,
9:00 am

BIBLE STUDY

Every Thursday,
9:00 am

COLOR YOURSELF CALM

Tuesday, 11:00 am

MEMBER WELCOME RECEPTION

Thursday March 22, 12:00 pm

Welcome members to your YMCA, we want to get to know you better. Come meet other members and staff and learn how to use the wellness equipment. Sponsored by 100 Grandmas and Grandpas

BIRTHDAY SOCIAL

Thursday March 8, 12:00 pm

Join us to celebrate those with March birthdays! See Welcome Center to sign up for BJ's at River City Station



CLASS SCHEDULE

CARDIO CIRCUIT

Monday, Wednesday, Friday,
8:00 am

CARDIO CIRCUIT

Monday, Wednesday, Friday,
9:30 am

SILVERSNEAKERS

Tuesday & Thursday,
10:00 am

ZUMBA GOLD

Monday & Wednesday,
10:30 am

MIND, BODY, ACHIEVERS

Monday, Wednesday, Friday,
11:00 am

BASIC CYCLE

Tuesday & Thursday,
11:15 am



13th Annual Celebrate Life 5K

Saturday, March 3rd

7:45 am

Bringing the community together for a day of fun, fitness and fellowship!

Register at FCYMCA.org

Mayor's Walk

Saturday, March 17th

Join Us for Community

8:00 am

Join the City of Jacksonville for a 1.5-mile walk around the Sports Complex to promote active lifestyles for seniors.

EXERCISING YOUR BRAIN

BRAIN AWARENESS WEEK

March 12th – 16th

9:00 am and 12:00 pm

Mon. Build A Brain

Tues. Staying Mind Sharp

Wed. Brain Fitness

Thurs. Do U Mind?

Fri. Remembering Memory

