



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

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.

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

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**

CONNECT WITH US
FirstCoastYMCA.org



SOCIAL EVENTS

Mahjong

Monday & Tuesdays at
1:00pm

**Beginner's class starts
February 5th**

Bingo with Susan

Sunday, March 25th at
2:30pm

Invite a friend!

Line Dancing now at the Y

Tuesday, 2:00pm and
Wednesday, 6:30pm

Silver Rewards Card

Get your Silver Rewards
Card today to be eligible to
win a prize for the month
after completing 9 visits to
Y. **Winner of February's
Drawing;** Marcia Psiaki

Knitting Club

Every Thursday at 1:00pm

Walking Club

Every Mondays at
10:00 am here at the Y
with Pattee Boler.



FirstCoastYMCA.org

CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday, 11:40am

SILVERSNEAKERS CLASSIC

Tuesday, 11:40am

SILVERSNEAKERS CLASSIC

Wednesday, 11:40am

SILVERSNEAKERS CLASSIC

Friday, 11:40am

CHAIR YOGA

Thursday 11:40am

TAI CHAI

Tuesday & Thursday, 8:00am

YOGA LIGHT

Tuesdays & Thursday, 10:30am
new location off site

GENTLE STRETCH

Monday, Wednesday and Fridays,
9:15am New location off site.

AQUA AEROBICS

Monday thru Friday
8:30am Deep & 9:30am Shallow

St Patrick's Day Potluck

Tuesday March 20th at 12:30pm

Come join us to celebrate! Bring
your favorite St. Patrick's Day dish
and be sure to wear green! We will
also be **having "Green Elephant
Gift Exchange"** "keep gifts at \$5.00
or under"**For more information,
see Raylene or Darlene.**



Stability and Balance

**Join Darlene every Tuesday @
1pm in Studio AIP**

This practical class focuses on
improving balance and stability
skills with different exercises
under the guidance of a qualified
instructor. Improve muscular
strength, power, agility, balance
and coordination.

