



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

WILLIAMS FAMILY YMCA | 10415 San Jose Boulevard | Jacksonville, FL 32257

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

Connie Smith, Healthy Aging Coordinator
P 904.292.1660 E csmith@FirstCoastYMCA.org

CONNECT WITH US
FirstCoastYMCA.org



CLASS SCHEDULE

MONDAY

WALKING CLUB

10:30am - 11:15am

SS CIRCUIT EXPRESS

11:30am - 12:00pm

YOGA STRETCH

12:00pm - 12:45pm

TUESDAY

YOGA STRETCH

8:00am - 8:45am

SS-CLASSIC

11:45am - 12:30pm

AOA Cardio Sculpt

11:45am - 12:30pm

WEDNESDAY

SS CIRCUIT EXPRESS

11:30am - 12:00pm

YOGA STRETCH

12:00pm - 12:45pm

LINE DANCING

1:00pm - 1:45pm

THURSDAY

YOGA STRETCH

8:00am - 8:45am

MORNING STRETCH

8:30am - 9:00am

SS-CLASSIC

11:45am - 12:30pm

TAI CHI **

11:45am - 12:30pm

FRIDAY

SS-CIRCUIT

11:45am - 12:30pm

ONGOING EVENTS

CARDS 'N GAMES

MONDAYS at 10:00am

RUMMI CUBE 1st and 3rd

WEDNESDAYS at 10:00am

PICKELBALL Schedule

Tuesday 5:30-10:15am

Wednesday 5:30-8:30am

Thursday 5:30-10:15am

Friday 2:00-5:00pm

Connector Meeting

Monday, March 19th at

1:00pm

SOCIAL EVENTS

PRE-PLANNING YOUR MEMORIAL

Monday, March 5th | 1:00pm

Attend this important Lunch and Learn and learn how to start pre-planning your memorial. Lunch will be provided.

WATER FITNESS GROUP LUNCH BUNCH – La Nopalera

Thursday, March 8th | 1:00pm

Enjoy lunch and conversation with your favorite water fitness friends at La Nopalera, 11112 San Jose Blvd.

NATIONAL BRAIN AWARENESS WEEK ACTIVITIES

March 12th – 16th

Tuesday – Play Heads up in the lobby

Wednesday – Color me Calm and Meditation

Thursday – Chess in the Lobby

Friday – 10:30am Chair Volleyball Demo (Must have 12 participants)

AETNA COOKING DEMO SERIES

Smart Foods: Recipes That Fuel Your Brain.

Monday, March 12th | 1:00pm

With Publix Aprons Cooking School.

To recognize Brain Awareness month Chef Charbonnet will demonstrate recipes that support brain function. **RSVP** at the Welcome Center.

NEW MEMBER WELCOME RECEPTION

Tuesday, March 13th | 10:30am – 11:30am

Learn about all the benefits included in your Y membership.

Y NOT THURSDAYS?

Thursday, March 15th | 5:00pm

Enjoy an early dinner and conversation with your favorite Y friends.

This month we will venture Graffiti Junktion Burger Bar, 9703 San Jose Blvd.

BROOKDALE BRAIN FIT SERIES

Spring into Action: How Physical Activity Improves the Brain

Tuesday, March 20th | 1:00pm

Join Brookdale's experts as they educate us about the ways that physical activity improves brain function.

COFFEE KLATCH – ALLEGRO COFFEE AT WHOLE FOODS

Friday, March 23rd | 9:00am

Join us at 10601 San Jose Blvd. Enjoy a cup of coffee on the Y.

LIVING A TAX FREE RETIREMENT/RETIREMENT INCOME PLANNING

Tuesday, March 27th | 12:45pm

Join us for a **free lunch and learn**. You'll learn ways to reduce your tax burden and properly allocate your assets.

Tell Us! If there's a club or activity please tell us what you are interested in.