



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

March 2018

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202

## 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](mailto:cwatson-irving@fcymca.org)

**Fredda Renshaw, Healthy Aging Coordinator**  
P 904.355.1436 ext 1411 E [frenshaw@FirstCoastYMCA.org](mailto:frenshaw@FirstCoastYMCA.org)

**CONNECT WITH US**  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## CLASS SCHEDULE

### MONDAY

DEEP WATER FITNESS  
8:30AM-9:30AM  
SS CIRCUIT  
9:00AM -9:45AM  
SS CIRCUIT  
10:30am- 11:30AM

### TUESDAY

GENTLE ARTHRITIS AQUA  
8:00-8:50AM  
BOOM MOVE IT,  
8:30-9:00AM  
WATER FITNESS  
9:00-10:00AM  
SS CIRCUIT CLASSIC  
9:00AM -9:45AM

### WEDNESDAY

DEEP WATER FITNESS  
8:30AM-9:30AM  
Water Fitness  
10:00-10:50AM  
BOOM MUSCLE & MOVE IT,  
9:00AM-9:45AM  
SS CIRCUIT  
10:30AM - 11:30AM  
LINE DANCING  
11:45AM-12:30PM

### THURSDAY

GENTLE ARTHRITIS AQUA  
8:00-8:50AM  
BOOM MOVE IT  
8:30-9:00AM  
SS CLASSIC  
9:00AM-9:45AM  
CHAIR YOGA  
11:15AM - 12:00PM  
WALKING CLUB  
9AM-11AM- third floor, indoor  
track. Join in at anytime

### FRIDAY

WATER FITNESS  
9:00-10:00  
SS-CIRCUIT  
9:00AM - 10:00AM  
CARDIO DANCE  
10:30-11:30AM

**NOTICE:** Please inform the front desk of any **change of address, phone numbers, or email.** Don't miss any great events by not updating your contact information.

## SOCIAL EVENTS

**Wednesday, March 7**

**March Birthday Party, Pot Luck, and Constitution Presentation with Pam E**

**11:45am -12:20pm Lunch Served, 12:20-Presentation starts**  
Each person brings a dish to share in the Kitchen.  
**Please sign up in Event book at front desk.**

**Saturday, March 10**

**AFEA Series, Living a Tax Free Retirement, Lunch and Learn 11:30am-1:00pm, Conference Room.**

This presentation is designed for anyone who is approaching retirement, or who is newly retired and would like to reduce their income tax burden and consider how to allocate assets. **Must sign up in Event book at front desk**

**Tuesday, February 13**

**BrainFit by Brookdale: How Physical Activity Improves Brain Function**

**12:00pm, Kitchen**

Learn about how different types of physical activity impacts brain health. Lunch will be provided

**Must sign up in Event book at front desk**



**Monday, March 19**

**Restaurant A GO GO**

**South Kitchen, 3638 Park St. Meet at restaurant**

**Thursday, March 22**

**St. Patrick's Day Party**

**12:00pm, Kitchen**

Pot luck/each person brings a dish to share.  
Good food, fellowship, music and FUN!

**Please sign up in Event book at front desk**

**Monday, March 26**

**Book Club**

**11:30am, Conference Room**

Book of the month is "To Kill a Mocking Bird"  
by Harper Lee

**Please sign up in Event book at front desk**

