



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

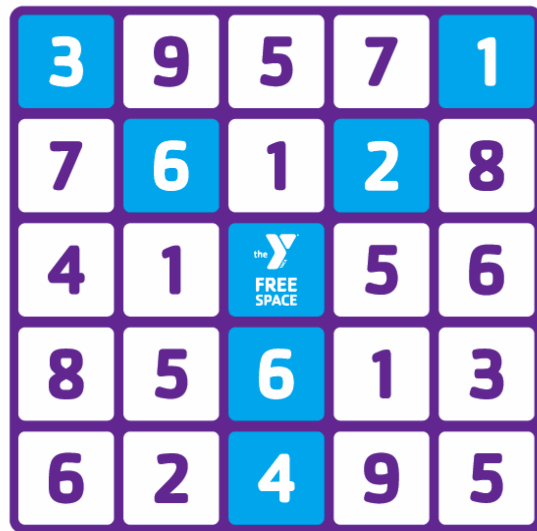
June 2018

BROOKS FAMILY YMCA | 10423 Centurion Parkway | Jacksonville, FL 32256

## YOU CAN WIN WITH Y-I-GO!

**Y-I-GO!** is an interactive challenge to encourage Y Members Age 50 and Better to be physically active and socially engaged during the summer months of June, July and August.

Challenge yourself to complete various activities. Each completed card will be entered into the **Grand Prize valued at over \$1,000!** You can play one card per month with **up to 6 chances to win!**



PRESENTED BY



Read the back of the official Y-I-GO! Card for a complete list of rules. Pick up your Y-I-GO! Card at the Welcome Center.

**The Grand Prize package** includes a \$600 gift card to Native Sun and a \$400 gift card to Walmart. Native Sun is a locally owned natural food market with 3 locations in Jacksonville. Their mission is to "improve people's lives through the products we carry and the food that we serve." For more information about Native Sun, please visit their website at [NativeSunJax.com](http://NativeSunJax.com).

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



## STAY BRAIN-FIT DURING THE SUMMER

Join us for another great class in our BRAINFIT series presented by Brookdale. The June subject is "Strategies to Improve Memory and Attention", available at the following Y locations:

### Brooks

Friday, June 8<sup>th</sup> at 12:45pm

### Winston

Tuesday, June 12<sup>th</sup> at 12:00pm

### Dye Clay

Tuesday, June 19<sup>th</sup> at 12:00pm

### Williams

Friday, June 22<sup>nd</sup> at 12:45pm

## FIESTA AT SEA ONLY 5 CABINS LEFT!



Sail on Royal Caribbean **Brilliance of the Seas** from October 29<sup>th</sup> – November 3<sup>rd</sup>. We have 4 inside cabins (\$676 per person) and 1 Ocean View (\$704 per person) remaining. Rates include roundtrip ground transportation, Pre-Cruise Party, Y T-shirt and an onboard activity. We will cruise to Key West, and Cozumel, Mexico. Contact Alice Brown at **AAA Travel** at [alicebrown@aaasouth.com](mailto:alicebrown@aaasouth.com) (904)565-7722 ext. 3360.

## CLASSES

### SILVERSNEAKERS

Mon - Fri 10:45am  
(Gymnasium)

### LINE DANCE

Mon and Fri  
11:30am (Gymnasium)

### STRETCH AND TONE

Tues and Thurs  
9:30am (Studio B)

### GENTLE YOGA

Tues 10:30am (SMB)

### BALLROOM DANCE

Tues 11:30am (Studio B)

### CHAIR YOGA

Tues 11:45am (Conf Room)  
Thurs 11:45am (Studio B)

### ZUMBA GOLD

Mon and Fri  
10:30am (Studio B)

### LOW IMPACT

Wed 10:30am (Studio B)

### AQUA FITNESS

Mon - Fri 10:30am

### AQUA SPLASH

Sat 10:30am  
(Main Pool)

### GENTLE AQUA and AQUA MOTION

(Therapy Pool) Inquire at  
the Welcome Center

### PICKLEBALL

Mon, Wed, and Fri,  
2:00pm-4:00pm  
(Gymnasium)

### TAI CHI

Mon and Fri 11:45am  
(Studio B)

### TAI CHI

Mon 4:30pm (SMB)  
Fri 4:30pm (SMB)

## Congratulations!

**Gracie Chandler** won a  
\$10 Carrabbas gift card in  
the April SilverReward  
Card Drawing!

## SOCIAL EVENTS

### CROCHET for a CAUSE

Fri, June 1, 11:30am

### DOMINOES

Mon, June 4, 11, 18, 25  
Thurs, June 7, 14, 21, 28  
11:30am

### SPANISH LESSONS

Tues, June 5, 12, 19, 26  
Thurs, June 7, 14, 21, 28  
9:00am-10:00am

### NEW MEMBER WELCOME RECEPTION

Thurs, June 7, 1:00pm

### POTATO BAR

Wed, June 13, 11:30am

### NAME THAT TUNE

Thurs, June 14, 11:30am

### LUNCH BUNCH

Fri, June 15, 1:00pm  
Chuy's, Town Center

### BOOKS@BROOKS

Mon, June 18, 11:45am  
*The Road to Little Dribbling*, by  
Bill Bryson

### MOVIE MATINEE

Wed, June 20, 1:00pm

### SALAD BAR

Wed, June 27, 11:30am

### 5<sup>th</sup> Fri Feast and BINGO!

Fri, June 29, 12:30pm

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## Special Events for Members and Guests

### Aetna Cooking Series

#### Healthy 4<sup>th</sup> of July: Light BBQ Potluck Dishes

Sat, June 16, 10:00am-11:30pm, Conference Room  
Sign up at the front desk.

### Financial Fitness Series

#### Topic: Living a Tax-Free Retirement

Sat, June 23, 12:00pm-2:00pm, Conference Room  
Sign up in the 50 and Better Binder, located near the front desk

### BrainFit Series

#### Topic: Strategies to Improve Memory and Attention

Friday, June 8, 12:45pm-1:45pm, Conference Room  
Sign up at the Front Desk

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## FYI (Fun Y Information)

### Flower Arranging with Shirley

Friday, June 22, 1:00pm, Conference Room. Small fee for  
supplies. Check the flyer for details.

### June 8 is Best Friend's Day!

Bring your Bestie to BrainFit!

### New Class for 50 and Better Members!

Gentle Tone and Stretch, Wednesdays at 11:30am in Studio B.  
Join Instructor Charleen to gently tone and stretch arms, legs,  
and abs. Floor work is encouraged, but chairs are allowed  
according to the participant's comfort level.