



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

July 2018

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

SPRUCE UP SALADS FOR SUMMER

Join us for another great class from our Lifestyle Cooking Series sponsored by AETNA. During July, chefs from Publix Aprons Cooking School and Chuy's Tex-Mex will present "No More Boring Salads: Mix Up Your Greens!" is available at 5 Y locations:

St Augustine

Thursday, July 12 at 2:00 pm

Williams

Monday, July 16 at 1:00 pm

Dye Clay

Thursday, July 19 at 12:30 pm

Brooks

Saturday, July 21 at 10:00 am

Baptist North

Wednesday, July 25 at 11:30 am



Seating is limited. RSVP at the Welcome Center or FCYMCA.org

DON'T MISS OUT ON A GRAND PRIZE VALUED AT \$1,000

You have until August 31 to participate in **Y-I-GO!**, the Y's summer activity challenge for Age 50 and Better Members. **With each completed card**, you'll be entered into the Grand Prize drawing for a \$600 gift card to Native Sun (a natural food market) and a **\$400 gift card to Walmart**. Only one entry per month. Pick up your Y-I-GO! card at the Welcome Center.



3	9	5	7	1
7	6	1	2	8
4	1	Y FREE SPACE	5	6
8	5	6	1	3
6	2	4	9	5

SPONSORED BY



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CONNECT WITH US
FirstCoastYMCA.org



YEEHAW!

★ LINE ★ DANCING ★

Join dancers from Y's across Florida's First Coast for the **2018 Line Dance Extravaganza**. We'll kick up our heels on October 20th from 11 am to 4 pm at the Winston YMCA (221 Riverside Avenue). **Register by August 1, and you'll receive a fun Y-towel!** The cost is \$10 for members, \$15 for non-members and \$5 for children 13 years and under. Register at the Welcome Center at any Y or FCYMCA.org. For more information, call 904.355.1436, extension 8.



If you have attended the Y over 108 times during the year, then you're invited to join us at the 3rd Annual Cloud 9 Party. The event will be held on **Friday, October 26** at the **Alhambra Theatre at 11 am**. It's promising to be a party to remember with entertainment, awards, prizes and a delicious lunch.

CLASSES

SILVERSNEAKERS

Monday – Friday @
10:45 am
(Gymnasium)

LINE DANCE

Monday and Friday @
11:30 am (Gymnasium)

STRETCH and TONE

Tuesday and Thursday @
9:30 am (Studio B)

GENTLE STRETCH and TONE

Wednesday @ 11:30 am
(Studio B)

GENTLE YOGA

Tuesday @ 10:30 am
(SMB)

BALLROOM DANCE

Tuesday @ 11:30 am
(Studio B)

CHAIR YOGA

Tuesday @ 11:45am
(Conference Room)
Thursday @ 11:45 am
(Studio B)

ZUMBA GOLD

Monday and Friday @
10:30 am (Studio B)

LOW IMPACT

Wednesday @ 10:30 am
(Studio B)

AQUA FITNESS

Monday – Friday @ 10:30
am

AQUA SPLASH

Saturday 10:30 am (Main
Pool)

GENTLE AQUA and AQUA MOTION

(Therapy Pool) Inquire at
the Welcome Center

PICKLEBALL

Monday, Wednesday, and
Friday 2:00 pm – 4:00 pm
(Gymnasium)

TAI CHI

Monday and Friday @
11:45 am (Studio B)

TAI CHI

Monday and Friday @
4:30 pm (SMB)

SOCIAL EVENTS

DOMINOES

Every Monday and Thursday
@ 11:30 am

SPANISH LESSONS

Every Tuesday and Thursday @
9:00 am - 10:00 am

NEW MEMBER WELCOME RECEPTION

Thursday July 5th, @ 1:00 pm

CROCHET for a CAUSE

Friday July 6th, @ 11:30am

POTATO BAR

Wednesday July 11th @ 11:30
am



Special Events for Members and Guests

Aetna Cooking Series

No More Boring Salads: Mix Up Your Greens!

Saturday July 21st @ 10:00 am - 11:30 pm,
Conference Room. Sign up at the Front Desk

BrainFit Series Presented by Brookdale

Ways to Calm the Brain and Cope with Stress

Friday, July 13th @ 12:45 pm - 2:30 pm,
Conference Room. Sign up at the Front Desk

Island Doctors Lunch and Learn

Heart Disease and Cholesterol with Dr. George Sadowski

Thursday June 28th @ 12:30pm - 2.00pm

Learn about cardiovascular conditions and how
life-style choices can reduce your risk for
cardiovascular conditions.



island
DOCTORS

FYI (Fun Y Information)

Potluck Lunch and Free Vision Screening by Vision is Priceless: July 18th @ 11:30 am, Conference Room

Sign up in the 50 and Better Binder, located near the Front
Desk

Needed! A Volunteer To Teach American Sign Language

Please contact Sheri Nash at **854-2068**, or snash@fcymca.org



Congratulations! Frank Sartor won a \$10 Carabbas gift card
in the **June SilverReward Card Drawing!**

NAME THAT TUNE

NAME THAT TUNE

Thursday July 12th @12:30 pm

LUNCH BUNCH

Friday July 20th @ 1:00 pm

Buffalo Wild Wings, Avenues Mall

BOOKS@BROOKS

Monday July 16th @ 11:45 am

The Help, by Kathryn Stockett

MOVIE MATINEE

Wednesday July 18th @ 1:00 pm

Our Souls at Night with

Robert Redford and Jane Fonda

SALAD BAR

Wednesday July 25th @ 11:30 am

BINGO!

Friday July 27th @ 12:30 pm