



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

November 2019

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Presented by



LIFESTYLE COOKING SERIES

YMCA OF FLORIDA'S FIRST COAST



The final "Lifestyle Cooking Series" for 2019 will take place in November. Chefs from Chuy's Tex-Mex will present "Chihuahua! Recipes from Central America". Thanks to sponsorship from Aetna, the series is **FREE** and open to non-members. Cooking demonstrations are hosted at 5 Y's: **Baptist North, Brooks, Dye Clay, Ponte Vedra** and **Williams**. For dates and to reserve your spot, visit the **Y Welcome Center**, fcymca.org, or call **904.265.1775**.



Congratulations to the winners of YIGO!, the Y's summer wellness challenge. The winners were Frank Sartor, Marian Zerbe and Gwendolyn Wilson.

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FirstCoastYMCA.org



Dedicated Senior Medical Center
A CHENMED COMPANY



Age 50 & Better members who visit a First Coast Y 12 times during December, and record their visits using the "12 Days of Fitness Card", will be entered into a drawing for a gift card. **1 drawing per Y branch**. Cards will be available from December 1st at the Y Welcome Center. Branch winners announced in January. 12 Days of Fitness is sponsored by **Dedicated Senior Medical Center**.

CRUISE 2020

Join the Y for a 5 day cruise to **Nassau, Bahamas** and **Royal Caribbean's Private Island**, on the newly refurbished **Mariner of the Seas**. Rest assured, Hurricane Dorian didn't impact the areas of the Bahamas the cruise sails to. Cabins priced from **\$610.00**. Deposit due, 12/30/19. Non-members welcome. To learn more, contact **Alice Brown** at AAA Travel. (904) 565-7722 ext. 336. Or email alicebrown@autoclubgroup.aaa.com

CLASS SCHEDULE

MONDAY

5:30 am	BodyCombat Exp
8:30 am	Cycle
9:00 am	Yoga
9:15 am	BodyPump
10:00 am	Senior Cycle
10:30 am	SilverSneakers

TUESDAY

5:30 am	BodyPump Exp
9:00 am	Cardio Blast
9:00 am	Beginner Yoga
9:30 am	SPRINT
10:00 am	BOOM
10:05 am	BodyCombat
10:30 am	SilverSneakers
11:30 am	SilverSneakers

WEDNESDAY

5:30 am	BodyCombat Exp
8:00 am	Line Dance
8:30 am	Cycle
9:00 am	Yoga
9:15 am	BodyPump
10:30 am	SilverSneakers

THURSDAY

5:30 am	SPRINT
8:00 am	Line Dance
9:00 am	Cardio Blast
9:30 am	SPRINT
10:00 am	BOOM
10:05 am	BodyCombat
10:30 am	SilverSneakers

FRIDAY

5:30 am	CXWORX
8:30 am	Cycle
9:00 am	Stretching
9:15 am	BodyPump Exp
10:15 am	Zumba
11:15 am	SilverSneakers

SATURDAY

8:30 am	SPRINT
9:00 am	BodyPump
9:30 am	SilverSneakers
	Yoga
10:00 am	BodyCombat
10:00 am	Cycle
11:00 am	Zumba

Movie Matinee: "Overcomer"

Wednesday, November 6th, 12:00 pm

Join us for a relaxing afternoon and a great movie. Popcorn and refreshments will be provided. Space is limited, so please reserve your spot at the welcome center. **(Free)**

Adult Mental Health First Aid

Friday, November 8th, 8:30 am – 5:00 pm

This 8-hour training is designed to give community members key skills to help someone who is developing or experiencing a mental health crisis. You will earn a 2 year certification in 8 hours.

Talk with a Doc: Living well with Diabetes

Thursday, November 14th, 11-30 am – 12:30 pm

Millions of people around the world are living with diabetes or know someone living with diabetes. There are tools you can learn to manage diabetes to help keep your weight and blood glucose levels in a healthy range. Join **Jamila Mainor, MD**, from Baptist Primary Care, as she discusses carbohydrate counting, healthy food alternatives, controlling glucose, and diabetes management. **(Free)**

Fall Festival

Saturday, November 16th, 10:00 am - 1:00 pm

Join us for a family event at the Y filled with games, food, and lots of FUN! We will be doing the **Annual Trunk or Treat**. Bring the kiddos out in their costumes. This year, our goal is to make **things BIGGER and BETTER**.

Volunteers are needed. There will be a volunteer meeting on November 1st, at 6:00 pm. This is an event you do not want to miss. **For more information or to sign up, visit the Welcome Center.**

AETNA Lifestyle Cooking Series

**Tuesday, November 26th,
11:30 am – 1:00 pm**

Y members **AND non-members** are welcome to attend this month's cooking demo hosted by Chuy's Tex-Mex. **This month's theme is Central America Recipes. (Free)**



Holiday Potluck & Member Appreciation

Wednesday, December 11th, 12:30 pm

Join us for our annual Holiday Potluck. Please bring a side dish of your choice. The YMCA will provide the meat. **Member Appreciation will be an all-day event.** We will serve **breakfast** in the morning, potluck for **lunch**, and **dinner** in the evening. Please join the staff as we show our appreciation to our members. We hope to see you there!