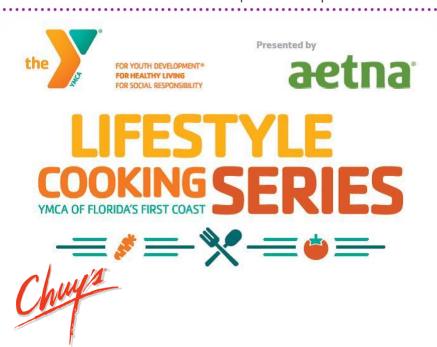


# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

November 2019

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



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.

**Georgette Butler, Healthy Living Director P** 904-592-9622 **E** gbulter@fcymca.org

CONNECT WITH US FirstCoastYMCA.org









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 Ex
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	Zumha

CVVVODV

#### 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	BodyComb	at
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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 16<sup>th</sup>, 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 1<sup>st</sup>, 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 26<sup>th</sup>, 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!

