



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

November 2019

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | Fleming Island, FL 32003



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](http://fcymca.org), or call **904.265.1775**.



**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 1<sup>st</sup> 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](mailto:alicebrown@autoclubgroup.aaa.com)



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

**Ellie Wainwright, Healthy Aging Coordinator**  
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**CONNECT WITH US**  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



# SOCIAL EVENTS

## WALKING GROUP



**Thursday's, NOV 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> @ 8:30AM**

Take a STEP towards a healthier YOU! Join us & let's WALK together & enjoy this beautiful Florida Fall weather! Come WALK with us!! Walk will last approximately 45 to 60 minutes.

Meet in the Barco-Newton Front Lobby.

## CONTINENTAL BREAKFAST



**Monday, November 11<sup>th</sup>**

**@ 8:00AM – 11:00AM**

Rise & Shine this Veteran's Day! Join us in celebrating our Military Veterans with a yummy continental style breakfast in the lobby.

## CRAFT DAY

**Friday, November 8<sup>th</sup> @ 12:00PM**

Bring your creativity & join in on creating some Fall Festival Décor! We will be using wine corks! Bring any fun craft items you would like to use for your creation!

## CHILI COOK OFF – FUND RAISER

# CHILI COOK OFF

**Thursday, November 14 @ 12:00PM**

BRING YOUR BEST POT OF CHILI & LET'S RAISE MONEY TO DIRECTLY HELP FUND OUR **50+ BETTER CLUB!!**

## CHICK-FIL-A

**Monday, November 18 @ 5:00PM – 7:00PM**

A Chick-Fil-A Representative is coming to show you all the new things you can do with their latest App & shower you with Chick-Fil-A swag!

## FRIENDSgiving - TURKEY LUNCHEON



**Thursday, November 21 @ 12:00PM**

Come join us to celebrate Thanksgiving with your Y friends! A "FRIENDSgiving" POTLUCK!

# CLASS SCHEDULE

## AQUA BOOTCAMP

Tues/Thurs 10:00am

## AQUA FITNESS

Mon/Wed/Fri/Sat, 10:00am

Tues/Thurs, 6:30pm

## AQUA ZUMBA

Friday, 9:00am

## AOA CARDIO

Tuesday, 11:15am

## AOA STRENGTH

Thursday, 11:15am

## CHAIR PILATES

Wed, 10:00am

## GENTLE YOGA

Tuesday, 11:00am

Friday, 8:00am

## LINE DANCING

Wednesday, 10:00am

## SILVER SNEAKERS CLASSIC

Mon/Thurs, 10:00am

## SILVER SNEAKERS CIRCUIT

Tuesday 10:00am

Friday 10:15am

## SILVER SNEAKERS YOGA

Mon/Wed/Fri, 11:00am

## ZUMBA GOLD

Tues/Thurs, 10:15am

## PICKLEBALL OPEN COURT

Tue/Thurs/Fri  
11:00am-2:00pm

