



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

November 2019

DYE CLAY Y 3322 Moody Avenue, Orange Park, FL 32065



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**.



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



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

Kristi Schermerhorn, Healthy Aging Coordinator
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CONNECT WITH US
FirstCoastYMCA.org



SOCIAL EVENTS

KNITTING & CROCHETING

Every Wednesday & Friday, 9:00am.

Conference Room.
Beginners welcome.

PICKLEBALL

Every Monday, Wednesday & Friday, 12:00pm – 2:00pm.
Fridays are learn to play clinics!

PRAYER GROUP

Every Tuesday, 11:00am,
Conference Room.

MOVIE MATINEE

“Queen of the Desert”
Thursday, November 21st at 12:00pm, Studio B
Popcorn, water and sweets provided!

CULTURE CLUB

“Italy”
Tuesday, November 12th at 12:00pm, Studio B
Join us for this 30 minute DVD presentation. We will sample food and draw for door prizes. Please sign up at the table in the lobby!

50 & BETTER MONTHLY LUNCH

Friday, November 22nd @ 12:30pm in Teen Cntr
Gobble, Gobble! Come give thanks with your Y family! We will have turkey and all the fixings! Bring a friend and dish to share! We will have bingo following lunch for those who care to play! Please sign up at the table in the lobby and let us know what dish you are bringing to share!



CLASS SCHEDULE

BETTER BALANCE

EVERY TUESDAY, 11:00am

SILVERSNEAKERS CIRCUIT

EVERY MONDAY & WEDNESDAY, 10:45am

SILVERSNEAKERS CLASSIC

EVERY TUESDAY & THURSDAY, 10:00am
EVERY FRIDAY, 10:30am

SILVERSNEAKERS YOGA

EVERY WEDNESDAY & FRIDAY, 11:30am

LIFESTYLE COOKING SERIES, PRESENTED BY

AETNA, with CHUY'S “Chihuahua! Recipes from Central America” With Chuy's Thursday, November 14th at 12:30pm, Teen Center. Sign up at table in lobby! **FREE and OPEN TO NON-MEMBERS**

NIGHTS OF LIGHTS BOAT TOUR OF ST. AUGUSTINE

Tuesday, December 3rd 6:00pm
Sparkly lights! Celebrate the beauty and festivity of the Old City's Nights of Lights. We will cruise the waterfront to enjoy the light show, while also taking in the landmarks that make the city so very special! We will go for an early dinner at the Conch House and then take a boat ride!

Cost: \$27.95 per person (boat tour only. Dinner is extra and will be at your own cost!) Please sign up at the table in the lobby!



ALHAMBRA DINNER THEATRE: Elf

Thursday, December 19th @ 12:00pm

After discovering he is a human, a man raised as an elf at the North Pole decides to travel to New York City to locate his real father. **Limit 2 tickets per member.**



FALL PICNIC AT MOODY PARK

Tuesday, November 26th @ 12:30pm

Come join us at Moody Park for a Fall picnic! We will have our own version of tailgating with some fun games! Please sign up to bring a dish to share at the table in the lobby!

GENTLE YOGA

EVERY WEDNESDAY, 9:15am

LINE DANCING

EVERY THURSDAY, 11:00am

TAI CHI

EVERY MONDAY, 11:30am
EVERY WEDNESDAY, 10:30am

ZUMBA GOLD

EVERY MONDAY, 10:30am
EVERY FRIDAY, 9:30am