



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

November 2019

MCARTHUR YMCA | 1915 CITRONA DR, FERNANDINA BEACH, FL



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

SOCIAL EVENTS

Mahjong

Monday at 1:00 pm.

Line Dancing

Tuesday at 2:00 pm
Wednesday at 6:30 pm

Age 50 & Better

Rewards Card:

Visit the **Y 10 times a month** and you could win a prize. *Pick up your 50 & Better Card at the Welcome Center* to track your visits.

October Winner:

Yet to Be Drawn

Knitting Club

Every Thursday at
1:00 pm

Walking Club with Pattee Boler

Every Monday at
8:00 am. Meet at the Y!

We will like to introduce our **New District Executive, Cezar Gonzalez**. He will be joining the McArthur team as of **November 4th**. Welcome to our great community!

FRIENDSGIVING POTLUCK LUNCHEON Friday, November 22 12:30 pm, Studio A

Come share your favorite dish and gobble til you wobble. It will be a fun time to eat, drink, and be thankful for all that we have.



CLASS SCHEDULE

SILVERSNEAKERS CLASSIC

Monday at 11:40 am
Monday at 1:00 pm
Tuesday at 11:40 am
Wednesday at 11:40 am
Friday at 11:40 am

BALANCE & STABILITY

Tuesday at 1:00 pm

STABILITY AND STRETCH:

Thursday at 12 Noon

TAI CHI

Tuesday & Thursday at
8:00 am
Monday at 12:45 pm

WELLNESS CORNER: STEPS TOWARD A HEALTHIER LIFESTYLE. With the Y's Robert Calija:

Laughter: A Way of Healthy Living

Laughter is an important part of healthy living. It brings people together, creates symmetry in the body and is contagious! Laughter can be a way to cope with emotional or physical pain, and is also a way to express the dearest moments in life. Many forms of laughter such as watching a funny TV sitcom, listening to a "knock, knock" joke, or spending chuckling moments with love ones can stimulate a domino effect of pursuing a healthier lifestyle. **Healthy Side Effects of Laughing:**

Reduces Complications in The Body: Lower back pain is a common problem in today's society due to stress combined with being sedentary. Laughing stimulates immune cells, improves circulation of oxygen, reduces body pain and muscular tension, lowers blood pressure, and releases endorphins to lower stress levels. When we laugh the entire body becomes more relaxed.

Burn Calories: Laughing contracts muscles of the face, neck, ribs, and abdominals. It burns approx. 40 calories for every accumulated 15 minutes of laughter, equivalent to a 10 minute walk!

Clear Thinking: Laughter disrupts the sympathetic nervous system to allow the brain to focus and become more alert.

As Charlie Chaplin quoted, **"A day without laughter is a day wasted."** **Let's all laugh!**

DECK THE HALLS, 23RD ANNUAL 12 GIFTS OF CHRISTMAS FUNDRAISER at the RITZ CARLTON Wednesday, November 27

Purchase your tickets today at the Y and you'll be entered to win GREAT prizes! Proceeds support Military Families and Veterans.

Winners will be drawn at the tree lighting at the Ritz.