



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

November 2019

WILLIAMS FAMILY Y | 10415 San Jose Boulevard, Jacksonville, FL 32257



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.

Connie Smith, Healthy Aging Coordinator
P 904.292.1660 E csmith@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

AOA DANCE PARTY

Monday 8:00am – 8:45am

CIRCUIT EXPRESS

Monday & Wednesday 11:30am – 12:00pm

CHAIR YOGA

Monday 12:05pm – 12:45pm
Wednesday 12:15pm – 1:00pm

Tuesday & Thursday
8:00am – 8:45am

SILVER SNEAKERS CLASSIC

Tuesday & Thursday
11:45am – 12:30pm

AOA TONE

Tuesday
6:00am - 6:45am

AOA CARDIO SCULPT

Tuesday, 11:45am - 12:30pm
Thursday, 12:30pm - 1:15pm

BEG LINE DANCING

Wednesday,
1:15pm – 2:00pm

LINE DANCING

Wednesday, 2:00pm – 2:45pm

AOA PILATES

Thursday 6:00am - 6:45am

BETTER BALANCE

Thursday, 11:00am – 11:30am

TAI CHI

Thursday, 11:45am – 12:30pm

SILVER SNEAKERS CARDIO

Friday, 11:45am – 12:30pm

PICKLEBALL SCHEDULE:

Sunday

8:00am-10:00am

Monday

5:00am – 9:00am
& 10:15am-11:45am
& 1:15pm-3:00pm

Tuesday

5:00am-11:45a
& 1:15pm-3:00pm

Wednesday

5:00am-9:00am
& 1:15pm-3:00pm

Thursday

5:00am-11:45am
& 1:15pm-3:00pm

Friday

5:00am-3:30pm
Beginner Class – Fridays
9:30am-11:00am

SOCIAL AND EDUCATIONAL EVENTS

Y'S GUYS CIRCUIT TRAINING

Monday's from 2:30pm to 3:30pm –Join our circuit training class for Age 50 & Better men.

Y NOT LUNCH – Golden Corral 11470 San Jose Blvd

Thursday, November 7th | 1:00pm **The Golden Corral offers a new lunch time special at \$7.99 for the buffet and a drink.** Join your Y friends for a lunch and conversation and maybe meet someone new. **One lucky member who registers in advance will have their lunch paid for by the Y.**

ORGANIZING YOUR SPACE WITHOUT BEING OVERWELMED –

Joanne's Simple Solutions Thursday, November 14th | 1:00pm It's tough not having enough time or motivation to organize your home or office. Days turn into weeks and weeks turn into months and things just keep piling up. When will it all end? Where do you begin? Now's the time to find out.

GIVING THANKS POTLUCK- Age 50 & Better Potluck

Friday, November 15th | 12:45 pm

Enjoy turkey, sides, and desserts with your favorite Y friends. **Please invite members of your neighborhood to join us in our celebration.** We will be in the gym so the more the merrier. Bring enough for 15 people. Sign-up in 50 and Better Book at the Welcome Center and let us know what you are bringing to share at the potluck.

AETNA COOKING SERIES – Chihuahua! Recipes from Central

America with Chuy's Tex-Mex Monday, November 18th | 1:00pm Join us for a cooking demo. **Small Snack included FREE and open to non-members.**

BOOK CLUB Thursday, November 21st | 1:00pm

Read the book, Kindle version or listen on Audible. This month we discuss **"The Breakdown"** by B.A. Paris. Start reading **"Driving Miss Norma: One Family's Journey Saying "Yes" to Living** by Tim Bauerschmidt and Ramie Liddle for December.

COFFEE, SNACKS AND CONVERSATION

Friday, November 22nd | 11:00am. Come to the Y for a cup of coffee, a snack and good conversation while meeting new people.

Save the Date:

HOLIDAY CONCERT WITH THE JU CHORAL ENSEMBLES @ FRIDAY MUSICALE

Friday, December 6th | 11:00 am/**Leave from Y at 9:30am**

We will take the Safety Around Water Bus, or carpool if we have more

ONGOING EVENTS

WALKING CLUB

Monday @ 10:30am

CARDS 'N GAMES

Monday @ 10:00am

RUMMI CUBE

1st & 3rd Wednesday @ 10:00am

BIBLE STUDY

Every Friday @ 10:30am

NEW MEMBER WELCOME RECEPTION

Wednesday, November 20th @ 11:30am

YOUNG AT HEART MEETING

Monday, November 25th @ 1:00pm