



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

January 2019

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Presented by



## LIFESTYLE COOKING SERIES

YMCA OF FLORIDA'S FIRST COAST



Aetna will host cooking demonstrations at five YMCA's every month throughout 2019 (Brooks, Baptist North, Dye Clay, Ponte Vedra and Williams). **The series is FREE and non-Y members are welcome to attend.** Bring your friends!

Chefs from **Publix Aprons Cooking School, Chuy's Tex-Mex Restaurant** and **First Watch Café** will demonstrate simple, inexpensive recipes designed to solve common lifestyle challenges such as "Wallet Friendly Entertaining" and "Easy Soups and Casseroles". **Heavy samples and give-a-ways provided!**

For dates and times, visit [fcymca.org](http://fcymca.org). **RSVP online**, at the **Y Welcome Center**, call **904 265 1795**, or email [cwatson-irving@fcymca.org](mailto:cwatson-irving@fcymca.org)

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CONNECT WITH US  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## Arbor Terrace®

ORTEGA • PONTE VEDRA • SAN JOSE

Assisted Living for Memory Loss

An Arbor Company Community



**BrainFit continues in 2019!** Experts in Memory Loss and Dementia from **Arbor Terrace** will host the series at four YMCA's every month. Available at Brooks, Ponte Vedra, Williams and Winston YMCA's.

A different topic will be presented and discussed each month. Interactive presentations are designed to teach life-long lessons for brain healthy living.

**BrainFit is FREE. Lunch is provided. The series is open to non-members.** For dates and times visit [fcymca.org](http://fcymca.org). **RSVP online**, at the **Y Welcome Center**, call **904 265 1795**, or email [cwatson-irving@fcymca.org](mailto:cwatson-irving@fcymca.org)

## CLASS SCHEDULE

### MONDAY

DEEP WATER FITNESS

8:30AM-9:30AM

WATER FITNESS

10:00-10:50AM

SS CIRCUIT

9:00AM -9:45AM

10:30am- 10:45am

### TUESDAY

AQUA YOGA

8:00-8:50

WATER FITNESS

9:00-10:00

SS CLASSIC

9:00-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

### WEDNESDAY

DEEP WATER FITNESS

8:30AM-9:30AM

WATER FITNESS

9:00-10:50AM

SS CLASSIC

9:00AM-9:45AM

LINE DANCING

10:00AM - 10:45AM

### THURSDAY

AQUA YOGA

8:00-8:50

SS CLASSIC

9:00AM-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

SILVER BARRE

12:15-12:45

### FRIDAY

DEEP WATER FITNESS

8:30-9:30AM

SS-CIRCUIT

9:00AM - 10:00AM

LOW IMPACT DANCE

STUDIO A

10:35-11:35

### Bowling

Thursday, January 24,

1:15pm. **King Pin**

**Lanes.** Meet at lanes -

1:00pm. 5310 Lenox

Ave. Games, \$1.39

each.

## SOCIAL & EDUCATIONAL EVENTS

### NEW YEAR'S PARTY

**Wednesday January 2, 11:00am in the Kitchen**

Snacks will be served.

### BIG MEETING/AOA FORUM AND BIRTHDAY PARTY

**Tuesday January 15, 12:00pm in the Kitchen**

Snacks will be served.

### BRAINFIT, PRESENTED BY ARBOR TERRACE

**Virtual Dementia Tour. FREE. LUNCH PROVIDED**

**Tuesday January 8, 12:00pm in the Kitchen**

This year's BrainFit is shaping up to be as informative and interactive as last year's. Join experts in Memory Care and Dementia each month as they educate us about the brain and how to keep it healthy. During January Arbor Terrace lead a "Virtual Dementia Tour". **Non-members are welcome to attend** at no cost. **RSVP** at the Welcome Center, online at [fcymca.org](http://fcymca.org), or email [cwatson-irving@fcymca.org](mailto:cwatson-irving@fcymca.org).



### VOLLEYBALL

**Tuesday December 15, 10:00am in the Gym.**

### MOVIE

**Tuesday January 22, 12:00pm in the Kitchen.**

**\$0.00.** Fun and food will be served.

### BOOK CLUB

**January 18, 11:30am in the Conference room.**

Book; *"The Boys in the Boat"*, by Daniel James Brown.

### RESTAURANT A GO GO

**Tuesday January 29**

Meet at restaurant at 11:15am.

Community Loaves,

1120 Edgewood Ave. 32205.

