



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

November 2019

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Presented by

aetna

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

CLASS SCHEDULE

MONDAY

DEEP WATER FITNESS

8:30AM-9:30AM

WATER FITNESS

10:00-10:50AM

SS CIRCUIT

9:00AM -9:45AM

SS CIRCUIT

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

10:35-11:35AM

Bowling

Thursday, July 25

1:15pm

Meet at 5310 Lenox Ave,
King Pins

SOCIAL EVENTS

VOLLEYBALL

Tuesday, November 5,

Meet in Gym at 10:00am



AOA Brain Storming for 2020

Wednesday, November 6, 11:00am, Kitchen.

Choose a committee of 5 to serve for 6 months of 2020.

Snacks will be served

Lori's Birthday-Our Own massage Therapist

Tuesday, November 12

Please Wish her a Happy Birthday!

Thanksgiving Luncheon at Piccadilly on Beach Blvd

Tuesday, November 12

Meet at Piccadilly at 12:00pm. Enjoy live music and good food,

Thanksgiving Celebration and Salad Pot Luck

With Live Music in the lobby

Tuesday, November 19

Lunch starts at 12:00pm. Music in lobby starts at 12:30pm

Get your food in the kitchen. Go to lobby to enjoy the music!

BIRTHDAY PARTY

Thursday, November 23, 10:00 am, Lobby

Come celebrate November birthdays. **Fruit and sweets provided by Florida Blue.** Please sign up at the Florida Blue desk in the Healthy Living Center. **Each person must bring a salad to share to participate with lunch.**

Listening to music has no obligations.

BOOK CLUB

Monday, November 25, 11:00am, Conference Room

Check the AOA notebook for the reading list from July 2019- January 2020. November's Book is *Educated: A*

Memoir, by Tara Westover. **No December Meeting.** The

next meeting will be on January 27, 2020. January's book is *Let the Great World Spin*, by Colum McCann

PLEASE CHECK EVENTS IN THE HEALTHY LIVING CENTERS SCHEDULES FOR THEIR MONTHLY EVENTS