



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2017

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

## ALL AGES

### ONE *Amazing* ADVENTURE

Through a generous grant from Y-USA and AARP, the Florida's First Coast Y was selected to create a program that would unite generations, cultures and communities while exposing them to wellness. The result was the All Ages: One Amazing Adventure event on Saturday, November 4<sup>th</sup>. This event challenged teams to work together to navigate through downtown Jacksonville by completing a series of physical and mental challenges. There were 54 participants who walked nearly one million steps in total and ages ranged from age 30 to 88.

Feature below is the winning team from the Brooks Family Y, *Brooks Because*. Representing *Brooks Because* is Daniel Hofacker, Ana Ng, Carl Simcox, Lisa Lynch, Gezil Andrews, and Michael Reed. The team finished the race in 4 hours and 24 minutes.



Connie Smith, Healthy Aging Coordinator  
P 904.292.1660 E csmith@FirstCoastYMCA.org

CONNECT WITH US  
FirstCoastYMCA.org



### POST THANKSGIVING FIESTA!

Thursday December 7th at 11 AM at Chuy's, St John's Town Center

Chuy's is offering our Y members a plethora of Tex-Mex classics, all at an unbeatable price. **RSVP** with your Healthy Aging Coordinator by December 4th

### GET REWARDED!



Receive **12** punches on your special edition "12 days of Fitness" Silver Rewards Card in the month of December and be entered to win a **\$40 gift card to First Watch**. One Gift Card awarded per Y location.

### NEW SERIES IN JANUARY

**Aetna Lifestyle Cooking Series** and **Brookdale BrainFit** will take place every month at select Y locations starting in January.

## CLASS SCHEDULE

### MONDAY

#### SS-CIRCUIT

11:45am - 12:30pm

### TUESDAY

#### YOGA STRETCH

8:00am - 8:45am

#### AOA CARDIO SCULPT

11:45am - 12:30pm

#### SS-CLASSIC

11:45am - 12:30pm

### WEDNESDAY

#### SS-YOGA STRETCH

11:45am - 12:30pm

#### LINE DANCING

1:00pm - 1:45pm

### THURSDAY

#### YOGA STRETCH

8:00am - 8:45am

#### MORNING STRETCH

8:30am - 9:00am

#### SS-CLASSIC

11:45am - 12:30pm

### FRIDAY

#### SS-CIRCUIT

11:45am - 12:30pm

## ONGOING EVENTS

### CARDS 'N GAMES

MONDAYS at 10:00am

### 1<sup>st</sup> and 3<sup>rd</sup> RUMMI CUBE

WEDNESDAYS at  
10:00am

### WALKING CLUB

MONDAYS at 10:45am

### PICKLEBALL Schedule

Tuesday 5:30-10:15am

Wednesday 5:30-

8:30am

Thursday 5:30-10:15am

Friday 2:00-5:00pm

## SOCIAL EVENTS

### Friday Musical Holiday Cabaret

Friday, December 1st | 10:00 am-1:00pm

Get into the spirit with a Holiday Cabaret at the Friday Musicale. Bus transportation provided. The cost for the event and the bus is \$5. Register at the front desk and **pay in advance**



### Water Fitness Group Lunch Bunch-La Nopalera

Thursday, December 7th | 12:00pm

Enjoy lunch and conversation with your favorite water fitness friends at La Nopalera at 11112 San Jose Blvd. RSVP in the age 50 and Better Book or email Connie Smith.

### Jacksonville Symphony Coffee Series

Friday, December 8th | 11:00 am

Enjoy the Jacksonville Symphony Coffee Series with your Y Friends. This month's concert is the Holiday Pops. Register at the front desk and **pay in advance**.

**Y Members \$21.60 Non-members \$25.00**

### New Member Welcome Reception

Tuesday, December 12th | 10:30am - 11:30am

Learn about all the offerings included in your Y membership.

### Holiday Potluck-50 and Better Potluck

Friday, December 15th | 12:45 pm

Enjoy ham, sides, and desserts with your favorite Y friends. Sign-up and bring a dish if you wish, in the age 50 and Better Book at the Welcome Center.

### Connector Meeting

Monday, December 18th | 12:45pm

Get connected with the Y and join the Williams AOA Committee. Members help coordinate activities, trips and events for those over the age of 50.

### Crafternoon - Rock Painting

Tuesday, December 19th | 12:45pm

Join us as we paint rocks to "hide" around the Jacksonville Arboretum at our January event. Help in spreading joy & brighten people's day with an afternoon of crafting.

### Coffee Klatch

Friday, December 22nd | 9:00am

Join us at Bold Bean Coffee Roasters San Marco (1905 Hendricks Ave) and chat over coffee and biscuits. Enjoy a cup of coffee on the Y.

