



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2018

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | Jacksonville, FL 32218



Age 50 & Better members who visit the **Y 12 times during December** and use the "12 Days of Fitness" card to record their visits, will be entered into a drawing for a **\$35 Publix Gift Card**. The Y will hold the drawing at each branch on December 31st. Pick up your card at the Welcome Center. "12 Days of Fitness" is presented by **Dedicated Senior Medical Center**.

Dedicated Senior Medical Center is a primary care and preventative healthcare practice for Age 60 & Better with Medicare Advantage Plans. "Members" benefit from 189 minutes of face time with their primary care physician and their care model results in 28% fewer inpatient hospital visits. All facilities in Jacksonville offer walk-in and same-day appointments, and door-to-door transportation, key reasons why **Dedicated Senior Medical Center** members' experience 33.6% fewer emergency visits.

To learn more about Dedicated Senior Medical Center and to find a location near you, call; **904. 862. 2192**.



We're dedicated to bringing Seniors healthcare in a better way!

For more information or to schedule your VIP tour, please call (904) 862-2192.

Georgette Butler, Healthy Living Director

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CONNECT WITH US
FirstCoastYMCA.org



LIFESTYLE COOKING SERIES

YMCA OF FLORIDA'S FIRST COAST



Join chefs from Chuy's Tex-Mex and freshmexJax for **Aetna's Lifestyle Cooking series**. During December, chefs will demonstrate healthy dishes for the holiday buffet. **For dates and locations visit fcymca.org**.

BRAINFIT BRAIN BOOSTERS, FUN GAMES & TECHNIQUES



Join experts from Brookdale Senior Living in December as they teach us brain boosting games and techniques. For dates and Y locations, **visit fcmyca.org**

OPTUM FITNESS TO BECOME RENEW ACTIVE

Renew Active is the new name for Optum Fitness Advantage, United Healthcare's Medicare Advantage fitness program. To read more visit, **<https://www.myrenewactive.com/content/fit/member>**

CLASS SCHEDULE

MONDAY

8:30 am Cycle
9:15 am BodyPump
9:30 am Yoga
10:30 am SilverSneakers

TUESDAY

5:30 am BodyPump Exp
9:00 am Cardio Blast
9:30 am Beginner Yoga
10:00 am BOOM
10:30 am SilverSneakers
11:30 am SilverSneakers

WEDNESDAY

8:00 am Line Dance
8:30 am Cycle
9:15 am BodyPump
9:30 am Yoga
10:30 am SilverSneakers

THURSDAY

8:00 am Line Dance
9:00 am Cardio Blast
10:00 am BOOM
10:30 am SilverSneakers
11:30 am Zumba

FRIDAY

5:30 am CXWORX
9:15 am BodyPump Exp
9:30 am Multi-Level Yoga
10:15 am Zumba
11:15 am SilverSneakers

SATURDAY

9:00 am BodyPump
9:00 am Cycle
9:30 am SilverSneakers
Yoga
10:00 am BodyCombat
10:30 am Tai Chi
11:00 am Zumba

Please visit the Welcome Center for a full list of classes and descriptions.

Baptist North Christmas Potluck

Thursday, December 13, 11:30 am

We will be having a Christmas lunch, potluck style with our Y members and Y staff. If you are interested in participating, please see the Welcome Center for more details and to sign up.

Member Appreciation Day

Thursday, December 13

Join us in celebrating our Y members. Breakfast, lunch and dinner will be served. Please see the Welcome Center for more

Angel Tree, December

Consider donating a **Christmas** gift to a child from our Angel Tree. If you have already signed up and collected an angel from the tree, please note that all gift donations are due **December 15**. See the Welcome Center for more details.



Birthday Social!

Friday, December 21, 12:00 pm

Join us as we gather to celebrate all our October, November, and December birthdays. Sweet treats will be provided as we sing "Happy Birthday!" and enjoy this time of fellowship. Hope to see you there! Please RSVP at the Welcome Center. Please note that all birthday socials will now be held **quarterly**.

AOA Advisory Committee Meeting

Tuesday, January 15, 11:30 am

If you are interested in sitting on our Active Older Adult's Advisory Committee, please plan to attend the next meeting in January.

Meditation Classes

**Third Wednesday every month
11:30 am – 12:00 pm**

Join Bonnie Davis in learning techniques to decrease anxiety and stress, improve working memory, and reduce emotional reactions. **(Free)**

AETNA Lifestyle Cooking

Series Cancelled until February

Cooking demos will not take place in December or January, but will return in

Jewelry Making

Cancelled until January

Jewelry making will be cancelled for December and will resume in January.



We wish everyone a very Merry Christmas!