



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2018

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | Fleming Island, FL 32003



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 31<sup>st</sup>. 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**.



**Dedicated Senior Medical Center**

**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**.

**Kayla Van Bebber, Healthy Aging Coordinator**  
P (904) 278-9622 E [k@fcymca.org](mailto:k@fcymca.org)

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

## SOCIAL EVENTS

### 1<sup>ST</sup> FRIDAYS

**Friday November 2nd**  
9:00am-12:00pm

### Morning Crossword/Coffee Group

Monday – Friday,  
8:00am – 11:00am

### Pickleball

Bring a friend and stop  
in. Every **Tuesday,**  
**Thursday and Friday**  
**11:00am-2:00pm**

### Walking Group

**Wednesdays** 9:00 am  
W/Ellie

### National Cookie Day December 4<sup>th</sup>

Bring a batch of your  
favorite holiday cookies  
and the recipe to share.  
We will have cookie  
sampling in the lobby

### Christmas Eve

**December 24<sup>th</sup>**  
Branch Hours 5:00am-  
12:00pm

### Christmas Day

**December 25<sup>th</sup>**  
Branch Closed

## EXERCISE YOUR BRAIN!

7						3	1	9
		1	9		6			8
9	8			3				
5				6	4		8	
8		9	5	1	3	6		4
	4		7	8				5
				4			3	7
3			8		2	4		
4	5	2						6

## CLASS SCHEDULE

### AOA CARDIO

Tuesday, 11:15am

### AOA STRENGTH

Thursday, 11:15am

### AQUA FITNESS

Mon/Wed/Fri/Sat, 10:00am

### CHAIR PILATES

Wednesday, 10:00am

### GENTLE YOGA

Tuesday, 11:00am, 6:30pm  
Friday, 8:00am

### SILVERSNEAKERS CLASSIC

Monday/Thursday, 10:00am

### SILVERSNEAKERS CIRCUIT

Tuesday/Friday, 10:15am

### SILVERSNEAKERS YOGA

Monday/Wednesday, 11:00am

### TAI CHI

Saturday, 10:30am

### ZUMBA GOLD

Tuesday/Thursday, 10:15am

## 50 AND BETTER POTLUCK!

**Wednesday, December 19<sup>th</sup>**  
**12:00pm**

Please join us for a Holiday  
celebration! We will have roast beef  
and ham. Come join us to celebrate  
the season! Bring a friend and dish  
to share! Please sign up at the table  
in the lobby and let us know what  
dish you are bringing to share!



## CLAY COUNTY COMMUNITY BAND'S ANNUAL CHRISTMAS CONCERT

**Tuesday, December 18<sup>th</sup>, 7:00pm**  
**First Baptist Church of Orange Park**  
1140 Kingsley Avenue  
All are welcome!

