



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2018

BROOKS FAMILY YMCA | 10423 Centurion Parkway | Jacksonville, FL 32256



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**.



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**.

Sheri Nash, Healthy Aging Coordinator
P 904.854.2068 E snash@firstcoastymca.org

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>**

CLASSES

SILVERSNEAKERS

Mon, Wed, Fri 10:40am
(Gymnasium)
Tues and Thurs 10:40am
(Conf Room)

LINE DANCE

Mon and Fri
11:30am (Gymnasium)

STRETCH and TONE

Tues and Thurs
9:30am (Studio B)

GENTLE STRETCH and TONE

Wed 11:30am (Studio B)

GENTLE YOGA

Tues and Thurs
10:30am (SMB)

BALLROOM DANCE

Tues 11:30am (Studio B)

CHAIR YOGA

Tues 11:45am (Conf Room)
Thurs 11:45am (Studio B)

ZUMBA GOLD

Mon and Fri
10:30am (Studio B)

LOW IMPACT

Wed 10:30am (Studio B)

AQUA FITNESS

Mon 9:30am
Mon - Fri 10:30am
Wed 6:00pm

AQUA SPLASH

Sat 10:30am (Main Pool)

GENTLE AQUA and AQUA MOTION

(Therapy Pool) Inquire at
the Welcome Center

PICKLEBALL

Mon, Wed, and Fri, 2:00 -
4:00pm (Gymnasium)

TAI CHI

Mon and Fri 11:45am
(Studio B)

TAI CHI

Mon and Fri 4:30pm (SMB)

SOCIAL EVENTS

DOMINOES

Mon, Dec 3, 10, 17
Sat, Dec 1, 8, 15
11:30am
Resuming Jan 6

SPANISH LESSONS

Tues, Dec 4
9:00am - 10:00am
Resuming Jan 22

NEW MEMBER WELCOME RECEPTIONS

Thurs, Dec 6, 1:00pm
Thurs, Jan 3, 1:00pm
Thurs, Jan 17, 1:00pm

CROCHET for a CAUSE

Fri, Dec 7, 11:30am

POTATO BAR

Wed, Dec 12, 11:30am

BOOKS@BROOKS

Mon, Dec 17, 11:45am
Lab Girl, by Hope Jaren
Choosing books for 2019

MOVIE MATINEE

Wed, Dec 19, 1:00pm
White Christmas
Bing Crosby, Bob Hope

Lunch Bunch, SALAD BAR, and Bingo!

Canceled in December

Special Events for Members and Guests

BrainFit Series, Presented by Brookdale Senior Living

Brain Boosters - Fun Games, Techniques and Activities

Friday December 14th, 12:45pm, Conference Room

Sign up at the Front Desk.

Lifestyle Cooking Series

Presented by AETNA:

Navigating the Holiday Buffet

Chefs from **fresh-mex & co**

will lead the demonstration.

Saturday, Dec 8,
10:00am-11:30pm,
Conference Room



FYI (Fun Y Information)

Holiday Potluck Celebration and (Optional) Gift Exchange

Thurs, Dec 13, 1pm, Conf Room; for details, see the flyer.

Crochet for a Cause meets on the first Friday of every month and has donated 30+ blankets to the Wolfson Children's hospital in 2018. If you would like to be part of this worthy group, please contact Sheri Nash, 854-2068; the hospital is in need of blankets of varying sizes for people aged 0-21 years old.

Need to find out more information or sign up for an event?

Check out the 50 and Better Social Event Binder, located near the Front Desk, for social event flyers and sign up sheets.