



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2018

DYE CLAY Y 3322 Moody Avenue, Orange Park, FL 32065



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**.

## 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>**

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



**Kristi Schermerhorn, Healthy Aging Coordinator**  
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## SOCIAL EVENTS

### KNITTING & CROCHETING

Every Wednesday & Friday, 9:00am.

Conference Room.

Beginners welcome.

### PICKLEBALL

Every Monday, Wednesday & Friday,

12:00pm – 2:00pm.

Fridays are learn to play clinics!

### PRAYER GROUP

Every Tuesday, 11:00am,

Conference Room.

### CLAY COUNTY COMMUNITY BAND'S ANNUAL CHRISTMAS CONCERT

Tuesday, December 18<sup>th</sup>, 7:00pm

First Baptist Church of OP

1140 Kingsley Avenue

All are welcome!

### MOVIE MATINEE

Friday, December 21<sup>st</sup>

12:00pm, Studio B

"It's a Wonderful Life"

Popcorn, water and sweets provided!

### HOLIDAY FESTIVAL FOR SENIORS

Saturday, December 1st

2:00 – 5:00 pm

Prime Osborn Convention Ctr

Tickets: \$15 (includes transportation)

Enjoy a visit with Santa, traditional holiday dinner, live entertainment, dancing and door prizes! Please sign up at the table in the lobby!

### LUNCH AND CAROLING

Thursday, December 20<sup>th</sup>

## CLASS SCHEDULE

### BETTER BALANCE

EVERY TUESDAY, 11:00am

### SILVERSNEAKERS CIRCUIT

EVERY MONDAY & WEDNESDAY, 10:45am

### SILVERSNEAKERS CLASSIC

EVERY TUESDAY & THURSDAY, 10:00am

EVERY FRIDAY, 10:30am

### SILVERSNEAKERS YOGA

EVERY WEDNESDAY & FRIDAY, 11:30am

### GENTLE YOGA

EVERY WEDNESDAY, 9:15am

### LINE DANCING

EVERY THURSDAY, 11:00am

### TAI CHI

EVERY MONDAY, 11:30am

EVERY WEDNESDAY, 10:30am

### ZUMBA GOLD

EVERY MONDAY, 10:30am

EVERY FRIDAY, 9:30am

### BRAINFIT, Presented by BROOKDALE SENIOR LIVING

Tuesday, December 4<sup>th</sup> at 12:00pm, Teen Center

"Brain Boosters: Fun Games, Techniques and Activities"

Join Brookdale's experts each month for informative, interactive and fun sessions that teach life-long lessons for brain-healthy living. A light lunch will be provided. **Please sign up at the 50 & Better table in the lobby!**

### AETNA LIFESTYLE COOKING SERIES

Thursday, December 6<sup>th</sup> at 12:30pm, Teen Center

"How to Eat Healthy on a Fixed Income"

Thursday, December 13<sup>th</sup> at 12:30pm, Teen Center

"How to Navigate the Holiday Buffet"

Join us for an informative cooking demonstration with **Chuy's Tex-Mex!** Please sign up at table in lobby!



### 50 & BETTER MONTHLY LUNCH

Friday, December 14<sup>th</sup> at 12:30pm

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! We will have bingo following lunch for those who care to play! Please sign up at the table in the lobby and let us know what dish you are bringing to share!

