

WEEKLY SOCIAL EVENTS

LINE DANCING

Every Tuesday, Friday
9:00 am

BIBLE STUDY

Every Thursday
9:00 am

MEMBER WELCOME RECEPTION

**Thursday, December 28
12:00 pm**

Meet other members and learn how to use equipment.

BIRTHDAY SOCIAL

**Friday, December 14
12:00 pm**

For the Restaurant Choice this month, *Sign up at the Welcome Center and vote your favorite restaurant.*

MOVIE MATINEE

**Tuesday, December 24
From 9:00 am - Noon**

Join us for a Movie viewed in our HLC.

Now Showing

"Almost Christmas"



Register today at the Welcome Center for all events.

CONNECT WITH US



FirstCoastYMCA.org

CLASS SCHEDULE

CARDIO CIRCUIT

Monday, Wednesday, Friday
8:00 am

CARDIO CIRCUIT

Monday, Wednesday, Friday
9:30 am

SILVERSNEAKERS

Tuesday, Thursday
10:00 am

ZUMBA GOLD

Monday, Wednesday
10:30 am

BODY MIND & SPIRIT

Monday, Wednesday, Friday
11 am

BASIC CYCLE

Tuesday, Thursday
11:15 am



FANTASTIC FRIDAYS BEFORE CHRISTMAS

Bake Sale Lip Sync Battle

Friday, December 7th | 10:30 am

Join us as we lip sing to our favorite beats while baking, tasting, and selling some holiday treats.

UGLY Christmas Sweater Day

Friday, December 14th | All Day

Wear your Best/Worst Christmas Sweater, take a picture, and post it on 50 & Better FB Page.

Holiday Christmas Luncheon

Friday, December 21st | 10:30 am

Bring your favorite dish and join us as we exchange gifts, fellowship, and some Christmas Cheer!

SOCIAL RESPONSIBILITY

Lifestyle Cooking Series

Tuesday, December 4th | 11:00 am

Live Demo

Introducing the Happy Birthday Bar

Wednesday, December 12th | 10:00 am

On-Site Birthday Celebration

Socks 4 Seniors Wrap & Delivery Party

Wednesday, December 19th | 12:00 pm

Valiz's Place, Signature Healthcare of Jacksonville, and Summer Brook Healthcare will benefit from your donation.



Still time to put Sox in the Box!



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2018

JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209



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**.

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>**

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