



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2018


MCARTHUR YMCA | 1915 CITRONA DR, FERNANDINA BEACH, FL



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**.

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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

### Mahjong

Mondays and Tuesdays  
at 1:00 pm.

### Bingo with Susan

**NO Bingo this month  
Resumes in January**

### Line Dancing

Tuesday at 2:00 pm and  
Wednesday at 6:30 pm

### 12 Days of Fitness

Visit the Y 12 times this  
month and you could win  
a prize. *Pick up your 12  
Days of Fitness Card at  
the Welcome Center to  
track your visits.*

### November Winner:

Yet to Be Drawn

### Knitting Club

Every Thursday at  
1:00 pm

### Walking Club with Pattee Boler

Every Monday at  
8:00 am. Meet at the Y!

## VERIFY YOUR 2019 HEALTH BENEFITS

Now's the time to verify  
your health plan  
insurance information for  
the New Year. Check  
with your plan to see if  
your fitness benefits  
have changed for 2019  
by calling the number on  
the back of your id card.

**If your benefits have  
changed please stop  
by the front desk and  
let us help you find  
the Y membership  
type that works best  
for you.**

## CLASS SCHEDULE

### SILVERSNEAKERS CLASSIC

Monday at 11:40 am  
**And 1:00 pm**

### SILVERSNEAKERS CLASSIC

Tuesday at 11:40 am

### BALANCE

Tuesday & Thursday at  
1:00 pm

### SILVERSNEAKERS CLASSIC

Wednesday at 11:40 am  
**And 1:00 pm**

### SILVERSNEAKERS CLASSIC

Friday at 11:40 am

## WELLNESS CORNER: 12 Holiday Health Tips

### With the Y's Robert Calija CPT, Wellness Associate

**12. Holiday Spirits:** Participate in Christmas caroling or  
holiday themed events.

**11. Meditate:** Increase self-awareness by practicing deep  
breathing and benefit from clear thinking.

**10. Sanitize Your Hands:** Prevent sickness by washing your  
hands throughout the day.

**9. Limit Sugar:** Eat no more than 36g of sugar for men and  
25g for women, per day.

**8. Hydrate:** Drink at least eight 8oz of water daily.

**7. Track Sleep:** Get at least 7 hours of sleep per night.

**6. Eat Fresh:** Aim for 5-6 servings of fruits and vegetables a  
day.

**5. High Fives:** Give 5 different people a high five this month.

**4. Weekly Weigh-ins:** Monitor your weight each week

**3. Activity Days:** Move for 150 minutes per week

**2. Stretch Breaks:** Stretch each muscle group for 30 seconds  
a time

**1. And Enjoy A Healthy Holiday Tree!**

## Christmas Luncheon: Friday, December 14 at 12:45 pm

Go out with friends old and new this holiday season at the  
**Down Under** restaurant for a holiday meal you don't have to  
prepare. We will be having a **Red Elephant Gift** Exchange  
after the meal. If you would like to participate please bring a  
gift (maximum cost of \$5) **wrapped in red** and get ready for  
some great fun! Oh and wear your best holiday attire!

### CHAIR YOGA

Thursday at 11:40 am

### TAI CHAI

Tuesday & Thursday at 8:00 am

### GENTLE YOGA

Tuesday & Thursday at 10:30 am  
at **RAD**

### GENTLE STRETCH

Monday, Wednesday, and Friday at  
9:15 am at **RAD**

### AQUA AEROBICS

Monday through Friday  
8:30 am Deep 9:30am Shallow  
Tuesday and Thursday Combined at  
4:00 pm

**AOA** MWF at 8:00am and 10:30 am