



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2018

PONTE VEDRA FAMILY YMCA | 170 Landrum Lane | Ponte Vedra Beach, FL 32082



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**.

**Jennifer Roggen, Healthy Aging Coordinator**  
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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>**

## EVENTS

### LUNCH AND LEARN WITH DR. SEAN TRACY Managing Arthritis and Joint Pain

Wednesday December  
12<sup>th</sup>, 12:00pm –  
1:00pm, Conference Rm

Food and drinks will be provided. **There is no charge for this event!** Sign up in the binder at the Welcome Center!

### BAPTIST HEALTHY LIVING CENTER EVENTS

HLC are free and Y membership is not required. Bring a friend!

### YOGA FOR SURVIVORS

Thursday December 6<sup>th</sup>,  
13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup>  
11:30am – 12:30pm

Cancer survivors practice yoga to reduce stress and fatigue, while improving flexibility, circulation, strength, breathing, sleep, mood, balance and overall wellbeing. **Baptist MD Anderson Cancer Center and The Christina Phipps Foundation** provide cancer patients, survivors **and caregivers a yoga** program adapted to fit individual needs.

### HEALING TOUCH

Tuesdays & Fridays  
9:00am – 11:00am

Call **904 202 5376** to book your 1 hour session. Cost is **\$65**. Healing Touch is an energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to facilitate overall health.

## CLASS SCHEDULE

### FUNCTIONAL FITNESS

Monday 11:00am  
Wednesday 11:00am

### SILVER SNEAKERS

Tuesday & Thursday 11:00am

### PICKLEBALL

Tuesday & Thursday 9:00am  
-12:00pm

### CARDIO SCULPT

Wednesday 8:00am

### AQUA FITNESS

Monday and Wednesday  
9:15am

### LINE DANCING

Tuesday 1:30 – 2:15pm  
Friday 1:30 – 2:15pm

### “BOOM” FITNESS

Friday 8:00am

### CHAIR YOGA

Fridays 11:15am



## December Birthdays Celebration, Presented by Atria Park of San Pablo

Thursday December 20<sup>th</sup>,  
12:00pm, Studio C

Come celebrate all December birthdays with your friends! We want to honor another year of life for at our birthday celebration.

**Atria San Pablo** will provide the cake and/or healthy yogurt parfait! Atria Park of San Pablo is a charming senior living community located on the Intracoastal by Mayo. They offer living services and Memory Care. **Sign-up in the event binder at the Welcome Center.**



## Holiday Concert Jacksonville Symphony

Thursday, December 7<sup>th</sup>, 11:00am, Times Union Center  
Get into the holiday spirit with the Symphony, a 100-voice Symphony Chorus. Visit the Welcome Center for details.

## Lunch Bunch at Barbara Jeans

Friday, December 21 at 12:00pm

Meet at the restaurant! (Bring an optional \$5 White Elephant gift). **15 Roscoe Blvd, Ponte Vedra Beach**