



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2018

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | St. Augustine, FL 32080



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**.

Larry Raulerson, Healthy Aging Coordinator
P 904.471.9622 E lraulerson@fcymca.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>**

SOCIAL EVENTS

Pickleball

Monday

7:00am – 9:00am

Wednesday & Friday

8:00am – 10:00am

Tuesday & Thursday

12:30pm – 2:30pm

Learn to Play

Pickleball

Every Wednesday

9:00am – 10:00am



Family Feud with Brandon from AETNA

Thursday Dec. 6th

2:00pm – 3:00pm

Sign up in the Young @
Heart Binder at the Front
Desk.



**Sign up for all events
in the Young @ Heart
binder at the front
desk.**

CLASS SCHEDULE

SENIOR FITNESS TRIO

Monday, 9:00am

SILVERSNEAKERS CLASSIC

Monday, Wednesday & Friday

12:45pm

CHAIR YOGA

Tuesday & Thursday

12:45pm

FLOW YOGA

Monday, Wednesday, Friday

11:30am

GENTLE YOGA

Saturday, 12:00pm

ANNUAL CHRISTMAS PARTY

Hosted by Dr. Hartley

Thursday, December 13th

2:00pm

Discovery Center Meeting Room

TAI CHI

Monday & Thursday

3:30pm

REFIT DANCE FITNESS

Monday & Wednesday

10:30am

RESTORATIVE YOGA

Sunday, 3:30pm

INTRO TO CYCLE

Tuesday, 10:45am

(1st Tuesday of every month)

