



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2018

WILLIAMS FAMILY YMCA | 10415 San Jose Boulevard | Jacksonville, FL 32257



LIFESTYLE COOKING SERIES

YMCA OF FLORIDA'S FIRST COAST



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**.

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**.

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**.

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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CONNECT WITH US
FirstCoastYMCA.org



CLASS SCHEDULE

MONDAY

WALKING CLUB

10:30am – 11:15am

SS CIRCUIT EXPRESS

11:30am – 12:00pm

YOGA STRETCH

12:00pm – 12:45pm

TUESDAY

TONING

6:00am – 6:45am

YOGA STRETCH

8:00am – 8:45am

SS-CLASSIC

11:45am – 12:30pm

AOA Cardio Sculpt

11:45am – 12:30pm

WEDNESDAY

SS CIRCUIT EXPRESS

11:30am – 12:00pm

YOGA STRETCH

12:00pm – 12:45pm

LINE DANCING

1:15pm – 2:00pm

BEG LINE DANCING

2:00pm – 2:45pm

THURSDAY

PILATES

6:00am – 6:45am

YOGA STRETCH

8:00am – 8:45am

MORNING STRETCH

8:30am – 9:00am

SS-CLASSIC

11:45am – 12:30pm

TAI CHI

11:45am – 12:30pm

FRIDAY

SS-CIRCUIT

11:45am – 12:30pm

PICKLEBALL

SCHEDULE:

Monday 10:15-11:45am

Tuesday 5:30-11:45am

Wednesday 5:30-8:30am

& 1:00pm-3:30pm

Thursday 5:30-11:45am

Friday 10:00-2:30pm

Beginner Class – Thursday

9:00-10:00am

Intermediate Clinic – Tuesday

- 9:00-10:00am

SOCIAL EVENTS

December 50 and Better Promotion – 12 Days of Fitness

Don't wait to jump start your 2019 Resolutions. Check in 12 times this month at the Williams Y and set up a Jump Start appointment for Activtrax and you will be entered to win a fitness basket.

LUNCH BUNCH – Jumpin' Jax House of Food

Thursday, December 6th | 1:00pm

Enjoy lunch at **Jumpin Jax House of Food** at 10131 San Jose Blvd. One lucky member will have their lunch paid for by the Y.

JACKSONVILLE SYMPHONY COFFEE SERIES: HOLIDAY POPS

Friday, December 7th | 11:00 am

Enjoy the Jacksonville Symphony Coffee Series with your Y Friends. This month's concert is the Holiday Pops. Register at the front desk and pay in advance. **Note that there are only 20 Tickets available so get them quickly. We will be meeting at the Y and carpooling from the Williams Y. **Each ticket costs \$26.00.**

NEW MEMBER WELCOME RECEPTION

Tuesday, December 11th | 10:30am – 11:30am

Learn about all the offerings included in your Y membership.

BRAINFIT SERIES, PRESENTED BY BROOKDALE

Brain Boosters: Fun Games, Techniques and Activities

Tuesday, December 11th | 1:00pm

Join experts from Brookdale for informative, interactive, and fun sessions that teach life-long lessons for brain healthy living.

HOLIDAY POTLUCK-50 and Better Potluck

Friday, December 14th | 12:45 pm

Enjoy ham, sides, and desserts with your favorite Y friends. Sign-up in 50 and Better Book at the Welcome Center and let us know what you are bringing to share at the potluck. Bring a gift worth \$10 for the gift exchange and cookies for a cookie exchange.

50 AND BETTER CONNECTOR MEETING

Monday, December 17th | After the AETNA Cooking Class

For Y members who'd like coordinate activities for those 50 +

BOOK CLUB

Tuesday, December 18th | 1:00pm*****NEW TIME**

This month we discuss "**Nothing to Complain About**" by Deborah Hansen (Member of the Y). Start reading "**Little Fires Everywhere**" by Celeste Ng for our discussion on Tuesday, January 22nd.

COFFEE KLATCH – ALLEGRO COFFEE AT WHOLE FOODS

Wednesday, December 19th | 9:00am

Join us at Allegro Coffee Bar at Whole Foods (10601 San Jose Blvd) and chat over coffee and biscuits. Enjoy a cup of coffee on the Y.

ONGOING EVENTS:

BIBLE STUDY, Friday's 10:30am

CARDS 'N GAMES, Mondays at 10:00am, **RUMMI CUBE** 1st and 3rd Wednesdays at 10:00am