



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2018

WINSTON FAMILY YMCA | 221 Riverside Avenue | Jacksonville, FL 32202



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**.



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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>**

CLASS SCHEDULE

MONDAY

DEEP WATER FITNESS

8:30AM-9:30AM

WATER FITNESS

10:00-10:50AM

SS CIRCUIT

9:00AM - 9:45AM

SS CIRCUIT

10:30AM- 10:45AM

TUESDAY

AQUA YOGA

8:00AM-8:50AM

WATER FITNESS

9:00-10:00

SS CLASSIC

9:00AM-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

WEDNESDAY

DEEP WATER FITNESS

8:30AM-9:30AM

WATER FITNESS

9:00AM-10:50AM

SS CLASSIC

9:00AM-9:45AM

LINE DANCING

10:00AM - 10:45AM

THURSDAY

AQUA YOGA

8:00AM-8:50AM

SS CLASSIC

9:00AM-9:45AM

CHAIR YOGA

11:15AM - 12:00PM

SILVER BARRE

12:15PM-12:45PM

FRIDAY

DEEP WATER FITNESS

8:30AM-9:30AM

SS-CIRCUIT

9:00AM - 10:00AM

LOW IMPACT DANCE

Studio A

10:35AM-11:35AM

SOCIAL EVENTS

Ugly Sweater 5K And Open House

Saturday, December 1, race starts 8:00am

Register at the Welcome Center. Open house 9am-12pm; includes pictures with Santa, hot cocoa, crafts for kids, yard games and much more!



Yack & Snack With Lori About Massage Therapy

Tuesday, December 4, 12:00pm in the Kitchen

Snacks will be served

Shopping Trip to Avenues Mall on JTA

Thursday, December 6

Time to be announced. Check the AOA book for time of departure

BrainFit, Presented by Brookdale Senior Living

Brain Boosters: Fun Games, Techniques and Activities

Friday 7th December, Kitchen, at 12:00pm

Sign up by December 4th for a free lunch

Volleyball

Tuesday, December 11, in the Gym, 10:00am

Cook Off Finals And Christmas Party, 11:00am – 1:00pm

Wednesday, December 19

Cook Off is at 11:00am in the Kitchen

The Christmas Party is at 12:00pm in the Kitchen

FREE! Fun and food served!

Bowling

Thursday, December 27, 1:15pm

5310 Lenox Ave, King Pins

Meet at the Lanes.

Book Club

**No meeting for December
Next meeting will be
January 18th,**

11:30am in the Conference Room.

January's book is,

The Boys in the Boat,
by Daniel James Brown

