



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

January 2018

DYE CLAY YMCA | 3322 Moody Avenue | Jacksonville, FL 32065

FIESTA AT SEA WITH THE YMCA!



Calling all people age 50 and better who enjoy sunshine, crystal blue waters and fun! Join us as we set sail on the Royal Caribbean's "**Brilliance of the Seas**". We depart from Tampa Port on October 29th. During this five day cruise, we will visit Key West before setting sail for Cozumel, Mexico. We return to Tampa on November 3rd. Rates are **\$650 per Y member** and **\$750 for non-members**. Prices are based on double occupancy. Port fees, taxes, Gratuities, roundtrip ground transportation, cruise T-shirt and Pre-Cruise Party are included in the rate. There are only 28 cabins available. Book your stateroom today!

WELCOME OPTUM FITNESS ADVANTAGE MEMBERS!

From 1st January 2018 the First Coast YMCA is accepting Optum Fitness Advantage. Plan holders of an eligible Medicare Advantage Plan insured by United Healthcare Co. can use Y at no cost. To check eligibility call the toll free number on the back of your health insurance card and for more information, visit fitnessadvantage.optum.com

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CONNECT WITH US
FirstCoastYMCA.org



SAVE THE DATE

Brain Awareness Week
March 12th – 16th.

WINTER UNF CLASSES AT THE Y

What better way to pass the winter days than learning a new skill at the Y! UNF's Winter Catalogue of Continuing Education classes is now available. Four Y locations will offer 15 unique classes, including Smartphone Filmmaking to Creative Mosaics, Photography and Kayaking. Classes start from \$25 per session.

The 100th Y member to register for a UNF class at a Y location will receive a \$100 UNF gift card.

Pick up a catalogue at a participating Y branch, view it online and register at, firstcoastymca.org/unf/ or visit the Welcome Desk.



SOCIAL EVENTS

KNITTING & CROCHETING

Every Wednesday & Friday,
9:00AM
Conference Room.
Beginners welcome.

PICKLEBALL

Every Monday, Wednesday
& Friday,
12:00PM – 2:00PM
Fridays are learn to play
clinics!

PRAYER GROUP

Every Tuesday, 11:00AM,
Conference Room.

CULTURE CLUB "Jerusalem"

**Thursday, January 13th
12:00 PM, Teen Center**

Join us for this 30 minute
DVD presentation. We'll
also sample food from
Jerusalem and draw for
door prizes. Please sign up
as seating is limited!

BINGO BONANZA

**Friday, January 5th
12:30 PM, Teen Center**

Come play some fun bingo
and win fabulous prizes!
Don't miss out on what
everyone will be talking
about! Light refreshments
will be served!

2ND ANNUAL AGE 50 & BETTER SILENT AUCTION

We raised \$556 in our
holiday auction! Thank you
again to all who donated!

"12 DAYS OF FITNESS" DECEMBER'S SILVER REWARDS CARD WINNER

Congratulations to Robert
Beddard, winner of the
\$40 First Watch Café!

CLASS SCHEDULE

BETTER BALANCE

TUESDAY, 11:00AM

SILVERSNEAKERS CIRCUIT

MONDAY & WEDNESDAY,
10:45AM

MIDDLEBURG CLASS

SILVERSNEAKERS CLASSIC

TUESDAY & THURSDAY, 9:00AM

SILVERSNEAKERS CLASSIC

TUESDAY/THURSDAY, 10:00AM
FRI 10:30AM

SILVERSNEAKERS YOGA

MONDAY, 11:30AM
WEDNESDAY & FRIDAY,
11:30AM

ZUMBA GOLD

MONDAY, 10:30AM
FRIDAY, 9:30AM

GENTLE YOGA

Wednesday, 9:15AM

LINE DANCING

THURSDAY, 11:00AM



BRAINFIT BY BROOKDALE AT THE Y, LUNCH & LEARN

Begins Tuesday, January 23rd at 12:00 PM

"Brain Jam: How to Use Music to Stimulate the Brain"

Join Brookdale's experts each month for informative,
interactive and fun sessions that teach life-long lessons for
brain-healthy living. Lunch will be provided. Please sign up at
the 50 & Better table in the lobby!



ORNAMENT WORKSHOP IN JANUARY? WHY NOT!

Thursday, January 25th, 12:00 PM, Teen Center

What a great way to get a jump on next year's holiday! Come
create, socialize and enjoy some refreshments! Cost: \$5

50 & BETTER MONTHLY LUNCHEON

**Friday, January 12th
12:30 PM, Teen Center**

Come ring in 2018 Y style! We will have a festive finger food
buffet! Bring your favorite finger food or dessert to share! Sign
up at the 50 & Better table in the lobby.