



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

January 2018

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

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

Connie Smith, Healthy Aging Coordinator

P 904.292.1660 E csmith@FirstCoastYMCA.org

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.



CLASS SCHEDULE

MONDAY

WALKING CLUB

10:30am - 11:15am

SS CIRCUIT EXPRESS

11:30am - 12:00pm

SS-YOGA STRETCH

12:00pm - 12:45pm

TUESDAY

YOGA STRETCH

8:00am - 8:45am

WEDNESDAY

SS CIRCUIT EXPRESS

11:30am - 12:00pm

SS-YOGA STRETCH

12:00pm - 12:45pm

LINE DANCING

1:00pm - 1:45pm

THURSDAY

YOGA STRETCH

8:00am - 8:45am

MORNING STRETCH

8:30am - 9:00am

SS-CLASSIC

11:45am - 12:30pm

FRIDAY

SS-CIRCUIT

11:45am - 12:30pm

ONGOING EVENTS

CARDS 'N GAMES

MONDAYS at 10:00am

1st and 3rd RUMMI CUBE

WEDNESDAYS at 10:00am

PICKELBALL Schedule

Tuesday 5:30-10:15am

Wednesday 5:30-8:30am

Thursday 5:30-10:15am

Friday 2:00-5:00pm

NEW MEMBER WELCOME

Tuesday, January 9th at 10:30pm

CONNECTOR MEETING

Monday, January 22nd at 12:45pm

UPCOMING EVENTS

SUPERBOWL PARTY

Friday, February 2nd

SOCIAL EVENTS

NIGHT OF LIGHTS BOAT TOUR

Wednesday, January 10th | 5:30pm

Sparkly lights! Join us on an evening boat tour to celebrate the beauty and festivity of the Old City's Night of Lights. The city of St Augustine is glowing and stunning from a waterfront view. This trip lasts approximately 1 hour. The tour costs \$24.95 per person. We depart from the Conch House Marina on Anastasia Island located at 57 Comares Ave., St. Augustine. The capacity is 20 people on the boat so sign up early. Pay in advance at the Welcome Center.

WATER FITNESS GROUP LUNCH BUNCH – LA NOPALERA

Friday, January 12th | 12:15pm

Enjoy lunch and conversation with your favorite water fitness friends at La Nopalera at 11112 San Jose Blvd. Reserve your spot in the 50 and Better Book or email Connie Smith at csmith@firstcoastymca.com that you are coming.

AETNA COOKING DEMO SERIES – CHUY'S TEX MEX

Monday, January 15th | 12:45pm

Join us for a cooking demo sponsored by AETNA. This month the our treats and chef will be here from the New St. John's TownCenter Tex Mex Restaurant Chuy's.

BROOKDALE BRAIN FIT SERIES – BRAIN JAM: HOW TO USE MUSIC TO STIMULATE THE BRAIN

Tuesday, January 16th | 12:45pm

Join us for our new monthly series Brain Fit, sponsored by Brookdale. This month's topic is "How to use music to stimulate the brain".

COFFEE KLATCH

Wednesday, January 17th | 9:00am

Join us at The Local, one of Jacksonville's hottest new breakfast locations. (4578 San Jose Blvd.) Chat over coffee and breakfast. Enjoy a cup of coffee on the Y.

50 AND BETTER LUNCH BUNCH – Osaka Japanese

Friday, January 19th | 12:45pm

Enjoy lunch and conversation with your favorite Y friends at Osaka Japanese Restaurant at 11701 San Jose Blvd. Reserve your spot in the 50 and Better Book.

FIELD TRIP TO THE JACKSONVILLE ARBORETUM & GARDENS

Wednesday, January 31st | 11:00am

Help hide the rocks we painted in December at the Jacksonville Arboretum and Gardens. We will carpool together after meeting at the Y. Lunch will be provided by the Y.