



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

January 2018

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

## 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 29<sup>th</sup>. During this five day cruise, we will visit Key West before setting sail for Cozumel, Mexico. We return to Tampa on November 3<sup>rd</sup>. 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](http://fitnessadvantage.optum.com)

## SAVE THE DATE

**Brain Awareness Week**  
March 12<sup>th</sup> – 16<sup>th</sup>.

## 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 100<sup>th</sup> 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/](http://firstcoastymca.org/unf/) or visit the Welcome Desk.



**Fredda Renshaw, Healthy Aging Coordinator**  
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CONNECT WITH US  
[FirstCoastYMCA.org](http://FirstCoastYMCA.org)



## CLASS SCHEDULE

### MONDAY

#### DEEP WATER FITNESS

8:30AM-9:30AM

#### SS CIRCUIT

9:00AM -9:45AM

#### SS CIRCUIT

10:30am- 11:30am

#### STABILITY-NEW

11:45AM-12:30PM

### TUESDAY

#### GENTLE (ARTHRITIS)

#### AQUA

8:00-8:50AM

#### WATER FITNESS

9:00-10:00AM

#### SS CIRCUIT CLASSIC

9:00AM -9:45AM

#### BOOM MOVE IT

8:30-9:00AM

#### CHAIR YOGA

11:15AM-12:00PM

### WEDNESDAY

#### DEEP WATER FITNESS

8:30AM-9:30AM

#### WATER FITNESS

10:00-10:50

#### BOOM MUSCLE & MOVE IT

9:00AM-9:45AM

#### SS CIRCUIT

10:30AM - 11:30AM

#### LINE DANCING

11:45AM-12:30PM

### THURSDAY

#### GENTLE (ARTHRITIS)

#### AQUA

8:00-8:50AM

#### BOOM MOVE IT

8:30-9:00AM

#### SS CLASSIC

9:00AM-9:45AM

#### CHAIR YOGA

11:15AM - 12:00PM

### FRIDAY

#### WATER FITNESS

9:00-10:00AM

#### SS-CIRCUIT

9:00AM - 10:00AM

#### CARDIO DANCE

10:30-11:30AM

#### STABILITY- NEW

11:45AM-12:30PM

**NOTICE:** Keep your contact information up to date and don't miss out on great events! Please inform the front desk about **changes contact information.**

## SOCIAL EVENTS

### Story Telling Day

**Wednesday, January 3, Kitchen, 12:00pm**

Share your story or A story. Soup and cornbread will be served. Cost: \$0.00. Bring a cup or bowl

### BrainFit by Brookdale, Lunch & Learn

**Tuesday, January 9, Kitchen, 12:00pm**

#### Brain Jam: How to Use Music to Stimulate The Brain

Brookdale brings their signature BrainFit program to the Y. Join us for the first of the year-long series. Lunch will be provided. RSVP at the Welcome Desk or to Fredda Renshaw.



### For The Magic Of The Movies

**The deadline to purchase concert tickets is Monday, January 15, 12:00pm**

**Concert date, Friday, January 26**

Cost\$21.60. Cash only. Pay Fredda. You can pick up your ticket at the Y from Fredda.

### Birthday Party Pot Luck

**Thursday, January 17, Kitchen, 11:45am**

Please note what you are bringing in the Sr book. Cake will be provided

### Restaurant A GO GO

**Tuesday, January 23, Meet at Biscotti's at 12:30pm**

Great food and Desserts. Let's get together and socialize!  
**Restaurant address; Biscotti's, 3556 St. Johns Ave.**

### Fall Transfer Class, Presentation By Brooks Rehab

**Wednesday, January 24, Studio B 9:45-10:30**

Don't miss this opportunity to ask the experts.

### Book Club

**Monday, January 22, Conference Room**

This month's book is, "*Man called Ove*", by Frederik Backman.

**Check in the Healthy Living Center for January's Events!**