



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2017

FLAGLER CENTER FAMILY YMCA | 12735 Gran Bay Parkway, Suite 201 | Jacksonville, FL 32258

aetnaSM COOKING SERIES



AETNA will launch a "Lifestyle Cooking Series" in January 2018.

As part of their "We Come to You" Strategy, **AETNA** will host cooking demonstrations at the Y every month throughout 2018. Demonstrations will be available at four YMCA's, Barco Newton, Baptist North, St Augustine and Williams.

AETNA will partner with established Y partners, **Publix Cooking School** and **Chuy's** Mexican restaurant. Their chefs will demonstrate simple, inexpensive recipes designed to solve common lifestyle challenges such as "How to Eat Well On A Fixed Income", and "Tasty Meals for One". Look out for flyers with dates and times.



Felina Martin, Branch Executive

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CONNECT WITH US
FirstCoastYMCA.org



Cloud 9 Sponsor, **BROOKDALE Senior Living** will bring their signature BRAINFIT program to the Y! It will be available throughout 2018 at 4 Y locations (Brooks, Dye Clay, Williams and Winston). January's Topic is "**Seven Foods to Feed the Brain**". Lunch will be served! Look out for flyers with dates and times.

BOOM

BOOM, the new exercise class from SilverSneakers will be on more Y schedules from January. Make BOOM part of your 2018 exercise routine!

SAVE THE DATE

Line Dance Showcase, Saturday, November 28th . Arlington Y.

Age 50 and Better Luncheon, Thursday December 7th at 11:AM at Chuy's, St John's Town Center

HAPPY HOUR

**Thursday, December 21
6 pm – 8 pm**

Join us for a monthly Healthy Happy Hour with our the Ugly Christmas Sweater Contest, mocktails, line dancing, PRIZES and mingling.

LEARN SPANISH!

You can learn Spanish for FREE! Every **Monday at 12:30** in the large conference room, join Aida a one hour session of Espanol.

BROWNN BAG BOOK CLUB!

The **second Friday of each month** join us for a Book Club discussion at 12:30pm! Each month we will select a book and meet to discuss.
December Book:
1984 by George Orwell

CHAT AND CHEW SALAD BAR POTLUCK

**Thursday, December 28
at 12:30 PM**

Enjoy lettuce from the Grow Tower and great conversation with members during our monthly Chat and Chew Salad Bar Potluck. Please sign up for the topping(s) that you plan to share at the Welcome Center.

Visit the Welcome Center desk for more information.

CLASS SCHEDULE

AOA DANCE

Monday, 10:30 am

AOA Stretch & Tone

Monday, 11:15 am

SILVER SNEAKERS STABILITY

Monday, 11:45 am

SILVER SNEAKERS CLASSIC

Tuesday, 10:30 am

CHAIR YOGA

Wednesday, 11:30 am

Line Dancing

Thursday, 11:30am

SILVER SNEAKERS CLASSIC

Friday, 11:30 am

Try something NEW! Barre Fusion

Wednesday, 9:30 am

BODYFLOW

Wednesday, 10:30 am

Pilates

Friday, 11:30 am

COMING SOON! Silver Sneakers BOOM

TGIF! SEE YOU AT 1ST FRIDAY AT FLAGLER

Friday, January 5, 9 AM – 1 PM

Support local businesses and shop til you drop at the monthly 1st Friday event. There are an array of vendors, special "pop up" classes, free 5 minute massages and free 15 minute fitness assessments. You can also have your car washed while you enjoy your favorite Friday class and fellowship. Guests are welcome.

GET READY FOR THE BOOM!

It's time to take your fitness routine to the next level with Silver Sneakers BOOM. Try a variety of classes that include strength training (BOOM Muscle), cardio and dancing (BOOM Move It) or stretching/flexibility (BOOM Mind).



HOLIDAY RAFFLE WINNER

Congratulations Neta for winning the raffle. Thanks to the generosity of one of our members, Paula, we have a beautiful felt Christmas stocking to raffle. All proceeds will benefit our annual Give to the Y campaign.

