



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

December 2017

JOHNSON FAMILY YMCA | 5700 Cleveland Road | Jacksonville, FL 32209

ALL AGES

ONE *Amazing* ADVENTURE

Through a generous grant from Y-USA and AARP, the Florida's First Coast Y was selected to create a program that would unite generations, cultures and communities while exposing them to wellness. The result was the All Ages: One Amazing Adventure event on Saturday, November 4th. This event challenged teams to work together to navigate through downtown Jacksonville by completing a series of physical and mental challenges. There were 54 participants who walked nearly one million steps in total and ages ranged from age 30 to 88.

Feature below is the winning team from the Brooks Family Y, *Brooks Because*. Representing *Brooks Because* is Daniel Hofacker, Ana Ng, Carl Simcox, Lisa Lynch, Gezil Andrews, and Michael Reed. The team finished the race in 4 hours and 24 minutes.



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CONNECT WITH US
FirstCoastYMCA.org



POST THANKSGIVING FIESTA!

Thursday December 7th at 11 AM at Chuy's, St John's Town Center

Chuy's is offering our Y members a plethora of Tex-Mex classics, all at an unbeatable price. **RSVP** with your Healthy Aging Coordinator by December 4th

GET REWARDED!



Receive **12** punches on your special edition "12 days of Fitness" Silver Rewards Card in the month of December and be entered to win a **\$40 gift card to First Watch**. One Gift Card awarded per Y location.

NEW SERIES IN JANUARY

Aetna Lifestyle Cooking Series and **Brookdale BrainFit** will take place every month at select Y locations starting in January.

WEEKLY SOCIAL EVENTS

LINE DANCING

Every Tuesday, Friday
9:00 am

BIBLE STUDY

Every Thursday
9:00 am

COLOR YOURSELF CALM

Every Tuesday
8:00 am

COMPUTER BASICS 101

Every Other Tuesday
11:00 am

NEW MEMBER WELCOME RECEPTION

**Thursday, December 28
12:00 pm**

Welcome! Get to know other members, staff and your Y. Light refreshments served.

DECEMBER BIRTHDAY SOCIAL & GIFT EXCHANGE

**Friday, December 22
12:00 pm**

Were you born in December? Then join us in celebration of your birthday! Sign up at the Welcome Center for more details.

100 GRANDMAS AND GRANDPAS SOCIAL

**Thursday, December 28
11:00 am**

100 Grands will be joining us and discussing childhood obesity and what this means for our grandchildren...

WINTERTIME ACTIVITIES

Pickle Ball

Going Big 4 Bingo

Arts N Crafts – Jewelry

Sign-Up at the Welcome Center for more information.

CLASS SCHEDULE

CARDIO CIRCUIT

Monday, Wednesday, Friday
8:00 am

CARDIO CIRCUIT

Monday, Wednesday, Friday
9:30 am

SILVERSNEAKERS

Tuesday, Thursday
10:00 am

ZUMBA GOLD

Monday, Wednesday
10:30 am

ENHANCE FITNESS

Monday, Wednesday, Friday
11:00 am

BASIC CYCLE

Tuesday, Thursday
11:15 am



A DECEMBER TO REMEMBER...

December 1 - 15, Socks 4 Seniors Drive,

Let's get cozy for the holidays. Bring NEW pairs of socks to give to seniors in our community nursing homes.

December 5, 12:00 pm, Cooking Class Demo, Neat Sweet Treats. How not to overeat while baking for the Holidays.

December 11, 12:15 pm, Movie Monday Matinee, featuring, "It's A Wonderful Life"

December 22, Ugly Sweater Christmas Party Potluck, Bring your favorite holiday dish, includes Facebook Friday's Ugly Sweater Contest. Post, share and like your pictures on the First Coast YMCA 50 & Better page!

December 30, 9 am, Celebrating Cloud 9 - 1st Quarter Winners, refreshments will be served.

Please visit our Welcome Center Staff for more information!

SPECIAL EVENT: MOTOWN N MO'

Road Trip to Palm Coast FL December 1st & 2nd

Join us as we carpool down to Palm Coast. We will be lodging at Hilton Garden Inn, attending Motown N Mo 2017, Buffet Breakfast, Window Shopping and More...

Sign Up at the Welcome Center.

