

VIBRANT LIVING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Jackson R. Lehman Family YMCA

5680 YMCA Park Drive West

www.fwymca.org

January 2019

Newsletter for Active Older Adults

Christmas Luncheon 2018

For those of you who were unable to attend, you missed a great time of good food (brought in by members) and music!



The wonderful music was provided by the St Joe United Methodist Church Bell Choir!



Galbraith's Nursery provided a lovely prize. Mary Hutter was the lucky recipient. Luckier still, Santa himself presented it to her!



Looking forward to Christmas Luncheon 2019! It's only 330+ days away!!

Happy New Year!

Group Ex Changes beginning January 1

Adding:

Wednesday	12:30-1:00pm	Beginning Cycle	Mari G.	Cycle
Thursday	5:00-5:45pm	Flex and Stretch	Chaunda H.	Rm 2

Changing: the underlined areas reflect the change

Monday	<u>5:00-5:45pm</u>	Zumba	<u>Rotation</u>	Rm 1
Tuesday	<u>10:15-11:15am</u>	Holy Yoga	Beth M.	Rm 1
Tuesday	<u>11:30-12:30pm</u>	Rx Fitness	Denise H.	Rm 1
Wednesday	7:15-7:30pm	Core 15	Mari G.	<u>Rm 2</u>
Wednesday	7:00-8:00pm	Zumba	<u>Claudia I.</u>	Rm 1
Thursday	<u>10:15-11:15am</u>	Yoga	Beth M.	<u>Rm 1</u>
Thursday	<u>11:30-12:30pm</u>	Rx Fitness	Denise H.	Rm 1

Lunch 'n Learn

Enjoy a luncheon with other active seniors and learn something new in the process!

January and February we are holding 1 luncheon each month.

The luncheons run from 11am to 12:15pm.

Join us after your workout or group exercise class or fuel up before!

There is a nominal fee of \$5, due at registration, to cover the cost of the meal.

This Month:
January 21st

This month, we are having a Super Bowl theme with pizza, salad, and snacks for lunch. Wear your favorite team jersey!

Sergeant Jim Seay, Community Relations Division, will present "Senior Safety."

Sign up at the Front Desk
You won't want to miss it!

Next Month:

Ted Braun, of Northeast Indiana Bee Keepers Association, will present on this organization and the health benefits of honey.

GET PLUGGED IN

New Year's Resolution

The new year is often a time for reflection on the past year with the anticipation of change for the upcoming year. If you are looking to make changes to your physical body, we have several options to help you with your transformation.

Group Exercise

We offer a variety of group setting classes, both land and water. This provides a wonderful opportunity to meet others with similar health goals. All classes are included in your membership. You simply show up! Schedules are available at the Front Desk and can also be viewed online and through the [YMCA of Greater Fort Wayne app!](#)

Wellness Coaches

Our coaches are in the our **Wellness Center** (with all the exercise machines) and are available for equipment and general exercise questions. They also provide **Wellness Orientations** (learning a base of exercise equipment/machines) and **Wellness for Life** (accountability and health goal setting) sessions. These are scheduled and are 1 hour, one-on-one sessions.

Personal Trainers

Our **Certified Personal Trainers** will provide you with an individualized program is designed to help you reach your health and wellness goals. There are several personal training packages available, varying only by number of sessions (per session cost decreases with increasing number of sessions). Members can purchase (one time, only) a **PT 101** package. This includes a **Fitness Assessment & 3 PT sessions** (at the cost of 2 sessions).

Let the Y help you make the most of 2019!

Ask a Trainer

The next event is January 4, 11am-1pm at the entrance to our Wellness Center.

Did You Know?

Less than 10% of New Year's resolutions are kept.

Top 10 Reasons for Failure:

1. *Going it Alone*
2. *Extremely Lofty Resolutions*
3. *Giving Up Too Easily*
4. *Time Management*
5. *Financial Burden*
6. *Unrealistic Resolutions*
7. *No Plan*
8. *Lack of Honesty (with yourself)*
9. *Wrong Perspective (focusing on what NOT achieved)*
10. *Not Believing in Yourself*

~source, shape.com

Thought For the Day:



"Pray when you feel like worrying. Give thanks when you feel like complaining. Keep going when you feel like quitting."

~DaveWillis.org

Chaplain's Corner Bible Study

Come enjoy a time of refreshment and encouragement through devotion, prayer and fellowship. All are welcome and encouraged to bring friends! Feel free to bring your lunch!

Meets every Friday, 12-1pm, in the Chapel (across from the Front Desk)

Coffee & Canvas

Explore, Learn, and Create! Release your inner artist, as you are guided through completing your own masterpiece, **Birds of a Feather**.

The medium is acrylic paints on stretched canvas. Look for flyers and a sample painting in the near future. All supplies provided. Bring a paint shirt or smock.



Wednesday, January 30

9:30am-12:30pm

Friday, February 1

1-4pm

Cost: \$25, members; \$35, non-members

Mental Illness Presentation



Learn more about what mental illness is and how you can support those affected by it during a **free** FaithNet program presented by representatives from NAMI, the National Alliance on Mental Illness. Pre-registration is required.

Saturday, February 9

1-2pm

Saturday, April 16

1-2pm

VOLUNTEER

Friday Friends

Help paint/clean for senior neighbors across the community, a great event for volunteers; NeighborLink will provide any tools/supplies needed for project sites. **1 Friday each month. Arranged through the Parkview Family Y.**

This month, the work day is January 11, 10am-12pm

Contact **Megan Yoder** for more info and questions: megan_yoder@fwymca.org or **260.755.4971**.