



IT'S NEVER TOO LATE TO FEEL GREAT.

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | NOVEMBER 2024

NOVEMBER EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our app and online at fcymca.org.

Walking Club

Tuesdays, November 5th, 19th, and 26th, 9:00 - 9:45am

Meet Alison in the Lobby for walking and fun conversation. This is a brisk, 2-mile walk that will get your heart pumping!

Bible Study: Growing Older and Wiser Week 2

Tuesday, November 5th, 11:15am - 12:15pm, Youth Center

In this nine-session LifeGuide® Bible Study, Dale and Sandy Larsen help you discover the Bible's perspective on aging. You'll discover how God can effectively and powerfully use those who have grown wiser with the passing years.

Cooking Demonstration with Feeding Northeast Florida®

Wednesday, November 6th, 12:00 - 1:00pm, Youth Center

Educators from Feeding NE Florida will be at the Y to present members with a cooking demonstration aimed towards healthy habits and cooking confidence for seniors in our communities.

Coffee and Conversation

Friday, November 8th, 9:30 - 10:30am, Welcome Center

Join Renee to meet new friends and share what you might like to be added to the Y's 50 and Better program.

Arts and Crafts: Gingerbread House Decorating Competition

Tuesday, November 12th, 11:15am - 12:30pm, Youth Center

Show us your creative and competitive side with our Gingerbread House decorating competition!

Game Day

Friday, November 15th, 11:15am - 12:30pm, Youth Center

Join us for fun and fellowship as we play a variety of card and board games! Please feel free to bring your own if you have something you would like to play!

Lunch and Learn, sponsored by Conviva

Tuesday, November 19th, 11:15am-12:30pm, Youth Center

Join Conviva Care Center for a monthly presentation on healthy aging. (Lunch provided with registration).

Potluck: Friendsgiving

Friday, November 22nd, 11:45am - 12:45pm, Youth Center

Join us for this fun and food-filled event. We will have a Thanksgiving Feast! Bring your favorite side dish or dessert item to share with the group.

Arts and Crafts: Holiday Ornament Decorating

Tuesday, November 26th, 11:15am - 12:15pm, Youth Center

Join us for a fun DIY Holiday Ornament Craft. We will use Natural Wood Circles, predrilled with Holes to show off our creativity! Keep them for yourself or give them as a gift this holiday season.

November Birthday Celebration

Friday, November 29th, 11:45am - 12:30pm, Studio B

Join us for our Better Balance class at 11:10am, followed by our celebration of our members with November birthdays at 11:45am! Come to both the class and the celebration...or simply join us for the birthday party at 11:45am!