



INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | **January**

BRING IN THE NEW YEAR ON THE RIGHT NOTE

Welcome 2025! Here's to a happy and healthy new year, from all your friends at the YMCA of Florida's First Coast! We believe in you and are here to help you crush your health and wellness goals this year!

Make sure that we know of any insurance changes you may have that might impact your Y membership. Stop by the Welcome Center and provide them with your new insurance card.

Set up a Fast Forward Fitness appointment with the Wellness Staff to start the New Year off on the right step to crushing your goals.

Sign up for a Healthy Living Challenge to hold yourself accountable. See the Wellness Staff for more information on this year's challenge

Register to for a Healthy Living program to help you meet your health goals.

Diabetes Prevention Program

We're here to give you the encouragement you need to eat better, increase your physical activity, and lose weight — all of which can delay or prevent the onset of type 2 diabetes. \$429 or covered under Medicare.

Enhance Fitness

This 16-week group exercise program for older adults uses simple, easy-to-learn movements that motivate individuals to stay active throughout their life. \$100 for members/\$200 for non-members. Payment can be broken up over 4 payments.

Blood Pressure Self-Monitoring

The YMCA's 16-week Blood Pressure Self-Monitoring Program teaches persons diagnosed as hypertensive how to properly monitor – and decrease! – their blood pressure with personalized support and the proper tools. \$100 for members/\$150 for non-members. Payment can be broken up over 4 payments.

LIVESTRONG at the YMCA

This 12-week program help adult cancer survivors (and their families!) reclaim their health and wellness. No cost for program.

Walk With Ease

This 6-week program was developed by the Arthritis Foundation to help people with or without arthritis to increase physical activity by walking. Walk With Ease is for EVERYBODY wanting to start a routine. \$80 for members/\$99 for non-members.

Weight Loss Program

The 12-week Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors. Participants build skills for successful lifestyle changes. \$100 for members/\$150 for non-members.

Interested in learning more about our Healthy Living programs? E-mail myhealth@fcymca.org



IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | JANUARY 2025

JANUARY 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.**

REMINDER! Come play PICKLEBALL at the Y!

Join us every **Tuesday and Thursday from 10:30am – 12:30pm in the Gymnasium,**
and now Monday evenings from 6:00-8:00pm!

Senior Chair Volleyball

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita to have fun with your Y friends while getting in a great workout!

Travel Club

Friday, January 3rd, 12:30 - 1:30pm, Family Activities Center

Nelly Sales will be discussing all things travel.

Treadmill Walking Club

Wednesday, January 8th, 2:00 - 2:45pm, Wellness Floor

Join Cholita for an enjoyable stroll on the treadmills.

Game Day

Monday January 13th, 11:45am – 12:45pm, Family Activities Center

Come gather to play a variety of board games to include chess, checkers, and Yahtzee.

Book Club

Thursday January 16th, 10:00 - 11:00am, Common Area

Join us for a morning of discussion and picking out next month's book.

Color Me Calm

Monday, January 20th, 11:45am – 12:45pm, Family Activities Center

Come relax and color while enjoying fellowship and fun.

Dinner Out: Orange Park Fish House

Tuesday, January 21st, 4:30 – 6:00pm

Come and enjoy food and Fellowship with your Y Family. Please use the app to reserve your spot.

Participants will be responsible for paying for their own meals.

Arts and Crafts: Craft for a Cause

Saturday, January 25th, 10:00 – 11:00am Family Activities Center

Spend time with others while painting a piggy bank and giving back to our Day Star community.
\$10 per participant that will go to our Day Star Program.

Registration and payment must be made at the Welcome Center.