



# INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto: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](mailto:myhealth@fcymca.org)**



# IT'S NEVER TOO LATE TO FEEL GREAT.

**BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | JANUARY 2025**

## JANUARY EVENTS AND ACTIVITIES

**Events are free of charge and require reservations (unless otherwise noted). Reservations can be made on our app or at [fcymca.org](http://fcymca.org).**

### Bible Study

**Every Friday, 11:45am - 12:45pm, Studio D**

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi.

### GriefShare: Resumes Jan 7

**Tuesdays, Jan 7 – April 8, 2:00 – 4:00pm, location TBD**

For help and encouragement after the death of a spouse, child, family member, or friend. This supportive meeting is open to the community. **Registration info:** [mychurchseniors@yahoo.com](mailto:mychurchseniors@yahoo.com)

### Bocce Ball

**Wednesday, Jan 8<sup>th</sup>, 11:45am - 12:45pm, Studio B**

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

### Board Games

**Wednesday, Jan 8<sup>th</sup>, 2:15 – 3:15pm, Studio D**

Get ready for some fun! Many games are available! Meet new friends in a relaxing atmosphere. All supplies provided, or bring your own.

### Active Games

**Wednesday, Jan 8<sup>th</sup>, 3:15 – 4:15pm, location TBD**

Ladder Toss, Electronic Darts, and Safety Axe Throwing!

### Healthy Aging Volunteer Meeting

**Thursday, Jan 9<sup>th</sup>, 2:15 – 3:15pm, Studio D**

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

### Lunch Bunch

**Monday, Jan 13<sup>th</sup>, 12:30 - 2:00pm**

Meet at *Athenian Owl*, for food, friendship, and fun! \*Space is limited, please be sure to register in our app or online.\*

### Lunch and Learn

**Wednesday, Jan 22<sup>nd</sup>, 11:30am – 12:30pm, location TBD**

The Theme is: "Plans and Produce with Gold Kidney Health Plan". Gold Kidney Health Plan will have a bag of fresh produce for the members that attend. Cognitive Exercise: "This Little Piggy."

### Books@Brooks Book Club

**Tuesday, Jan 23<sup>rd</sup>, 2:15 – 3:15pm, Studio D**

*Lula Dean's Little Library of Banned Books*, by Kirsten Miller. Reading the book is encouraged, but not required. After the book discussion, the 2025 book list will be chosen by the attending members. The Book Selection List will be made available to all who would like to see it.

### Crochet'n Craft Crew Social Hour

**Monday, Jan 27<sup>th</sup>, 2:15 – 3:15pm, location TBD**

Bring your projects & socialize! Help is available for beginners' crochet challenges. And you're not limited to crochet! Bring your current project, whatever it may be, and have a great time conversing with new friends and learning a new skill!

### New Member Orientation for Seniors

**Wednesday, Jan 29<sup>th</sup>, 2:15 – 3:15pm, Studio D**

Ask questions, learn about program offerings, and get help with tech difficulties involving the Y App!

### BINGO!

**Friday, Jan 31<sup>st</sup>, 12:00 – 1:00pm, location TBD**

Sponsored by **David Palmeri**, Independent Insurance Agent. Publix gift card prizes!

### **Don't forget your PUNCH!**

**TEN** punches on your 50 & Better punch card enters you to win a \$50 Publix gift card!

**Pick up your card at the Welcome Center today!**

Hello! My name is Sheri Nash, and I'm the Healthy Aging Coordinator at the Brooks YMCA. I plan our social events, and I'm always looking for inspiration and ideas! Let me know if you have any suggestions or feedback!  
Email: [snash@fcymca.org](mailto:snash@fcymca.org)  
Phone: 904.902.7973



Scan here to quickly register for an event.

