



# 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.**

**BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | 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](http://fcymca.org).**

### **MAH JONG**

**Wednesdays, 12:30 - 2:30pm, Healthy Living Center**

Join us every Wednesday to learn and love to play Mah Jong – no experience necessary.

### **50 & BETTER PAINTING**

**Friday, January 3<sup>rd</sup>, 1:00 - 3:30pm, Healthy Living Center**

Join us for an afternoon of painting fun. We will provide lunch and the supplies you need along with step-by-step instructions. **\*\*Registration and payment can be made at the Welcome Center.\*\***

Cost: \$30/member OR \$45/non-member

### **BOOK CLUB**

**Thursday, January 9<sup>th</sup>, 1:00am -2:00pm, Healthy Living Center**

Calling all readers, join us to discuss the book, "The Echo of Old Books" by Barbara Davis. We will also choose books for the next couple of months. If you have not read the book for this meeting, come, and give us your suggestions for the next books to read. Come for the Books, Stay for the Community!

### **GUIDED DRUM MEDITATION WITH EMILE**

**Fridays, January 10<sup>th</sup> and January 24<sup>th</sup>, 1:00 - 3:00pm, Healthy Living Center**

Join us for Drum Meditation to help improve your health and happiness. Emile Aucello will lead and guide us through meditation using drums. Please bring your own drum, we will have a few extra.

### **LUNCH BUNCH**

**Thursday, January 16<sup>th</sup>, 1:00 - 3:00pm, Valley Smoke Restaurant**

Come join us for lunch at Valley Smoke, 11 S. Roscoe Blvd, P. V. Beach to enjoy a yummy lunch while socializing with your fellow members. *\*Participants are responsible for paying for their own meals.\**

### **COLOR ME CALM WITH BOB ROSS**

**Friday, January 17<sup>th</sup>, 1:00 - 2:00pm, Healthy Living Center**

Connect with friends and relax and be creative. Coloring is a great way to reduce stress and improve your mood.

### **BIRTHDAY CELEBRATION: CUPCAKES AND COFFEE**

**Tuesday, January 21<sup>st</sup>, 10:30 - 11:30am, Healthy Living Center**

Join us as we celebrate all those with birthdays in the month of January.

### **TAI CHI: CHINESE NEW YEAR CELEBRATION**

**Tuesday, January 28<sup>th</sup> 12:45 - 1:45pm, Group Ex Studio A/B**

Come join us for a Tai Chi demonstration by Tess Schwartz and our Tai Chi YMCA members. Tess will share the health benefits of Tai Chi along with Chinese History and Traditions.