



# 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.**

**DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | 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).**

### **HEALTHY AGING SOCIAL**

**Tuesday, January 7th, 11:15am-12:15pm, Youth Center**

Join us for a fun time as we discuss our goals for 2025. Let's come together and see how we can help motivate and hold each other accountable as we aim to make 2025 our best year yet!

### **ARTS AND CRAFTS: DECORATING VALENTINES FOR SERVICE MEMBERS**

**Friday, January 10th, 11:30am - 12:30pm, Youth Center**

Have fun and show us your creativity, while we decorate Valentines Cards for local and deployed Service Members.

### **WALKING CLUB**

**Tuesday, January 14th, 9:00 - 9:45am, Wellness Floor**

Meet Renee and Alison on the treadmills for an "at your own pace" 2 mile walk. We will walk our way to a healthier lifestyle by logging all miles walked each month to see how far we walk in 2025.

### **GAME DAY**

**Friday, January 17th, 11:30am - 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, January 21st, 11:15am-12:30pm, Youth Center**

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

### **JANUARY BIRTHDAY CELEBRATION**

**Thursday, January 23rd, 11:00 - 11:15am, Studio B**

Join us for our Chair Yoga class at 11:15am, followed by our celebration of our members with December birthdays at 12:00pm! Come to both the class and the celebration...or simply join us for the birthday party at 12:00pm!

### **MOVIE TIME: A BEAUTIFUL DAY IN THE NEIGHBORHOOD**

**Friday, January 24th, 11:30am - 1:00pm, Studio B**

Come relax and enjoy the company of friends...and a good movie! Our movie this month will be [A Beautiful Day in the Neighborhood](#). Popcorn will be provided.

### **LUNCH BUNCH**

**Tuesday, January 28th, 11:30am - 1:00pm, Golden Corral**

Let's laugh and have a good time with our Lunch Bunch! We will meet for food and fellowship at Golden Corral.

### **GARDEN CLUB**

**Friday, January 31st, 11:30am - 12:30pm, Youth Center**

Join us for our first meeting of the New Year to help plan our Senior Garden of 2025!