



# 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.**

**JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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).**

### **AOA (ACTIVE OLDER ADULTS) MEETING**

**Monday, January 6, 9:30 – 10:30am, Healthy Living Center**

All are welcome to attend.

### **WEEKLY BIBLE STUDY with PASTOR PERRY ROBINSON**

**Wednesdays, January 8, 15, 22 and 29, 10:30 – 11:30am, Pre-Teen Center**

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

### **GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER**

**Wednesdays, January 8, 15, 22 and 29, 1:00 – 2:00pm, Front Lawn**

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

### **COLOR ME CALM**

**Friday, January 10, 10:30am – 12:30pm, Teen Center**

Connect with friends, relax, and get creative! Coloring is a great way to reduce stress and improve your mood. Please bring your crayons, coloring pencils, watercolor paints, brushes, and paint-by-number books.

### **MID-DAY MOVIE**

**Thursday, January 16, 11:00am – 1:00pm, Teen Center**

Enjoy the movie, *Becoming King* (2024). This movie is an emotional portrait of David Oyelowo's journey to play legendary civil rights leader Dr. Martin Luther King, Jr. Featuring behind-the-scenes footage and intimate home videos, *Becoming King* is a story of faith, friendship and a destiny fulfilled. Rated PG-13. Popcorn served.

### **BOARD GAME BLOWOUT**

**Friday, January 24, 11:00am – 1:00pm, Pre-Teen Center**

Bring your favorite card or board games to indulge in friendly competition catering to all ages and player levels. Please bring a shareable snack.

### **JANUARY MEMBER APPRECIATION: COOKIES & COCOA**

**Monday, January 27, 12:00 – 2:00pm, Teen Center**

Join us to give thanks for our members and guests with cookies and cocoa while supplies last.

### **BINGO!**

**Friday, January 31, 10:30am – 1:00pm, Pre-Teen Center**

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun.