



# 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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 | 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).

### Bible Study

**Friday, January 3<sup>rd</sup>, 11:00am – 12:00pm, Conference Room**

Studying 31 Women of the Bible, available on Amazon. This month we are learning about Hagar. Please bring your Bible and Notebook as well.

### Birthday Party & BINGO

**Tuesday, January 7<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Come celebrate our fellow members with January birthdays...and enjoy some BINGO fun!

### Lunch & Learn

**Thursday, January 9<sup>th</sup>, 11:00 – 12:00, Teaching Kitchen**

Vibrantly Aging with VIP Care Better Health Group. Lunch will be provided with your reservation.

### Coffee and Conversation: Meet & Greet

**Tuesdays, January 14<sup>th</sup> & 21<sup>st</sup>, 10:00 – 11:00am, Teaching Kitchen**

Coffee and Conversation. Learn more about the Y and enjoy fellowshiping.

### Bowling

**Wednesday, January 15<sup>th</sup>, 12:00 – 2:00pm**

Join us at King Pin Lanes, 5310 Lenox Ave. \$8.50 gets you 2 games, shoes, hot dog, a drink, and chips.

**Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app or online.**

### "Buddy Bus" Mammogram Bus

**Wednesday, January 17<sup>th</sup>, 10:00am – 2:00pm**

FREE Advance 3D Breast Screening. Walk-ins welcome, but appointments are recommended and **must be made with Florida Blue.**

### Senior Tech for SmartPhones

**Wednesday, January 17<sup>th</sup>, 11:00am – 12:30pm**

This session will cover newest features and updates for Android and iPhone. **Please register with Florida Blue.**

### Potluck: Soup Bar Party

**Wednesday, January 22<sup>nd</sup>, 11:30am – 1:00pm, Teaching Kitchen**

Bring a pot of your favorite soup or chowder to share!

### Florida Blue Event – Painting Class

**Friday, January 24<sup>th</sup>, 11:00am – 12:00pm, Teaching Kitchen, Please register with Florida Blue.**

### Book Club

**Tuesday, January 28<sup>th</sup>, 11:00am – 12:00pm, Teaching Kitchen**

This month's book is The Women, by Kristin Hannah.

### Lunch Bunch

**Friday, January 31<sup>st</sup>, 12:00 – 1:30pm**

Meet at **The Olive Tree Mediterranean Grille**, 1705 Hendricks Ave. **\*Participants are responsible for paying for their own meals. One lucky member will have their lunch paid for by the Y!**

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

TEN punches on your Silver Punch Card enters you to win **PRIZES** each month!  
**Pick up your card at the Welcome Center TODAY!** (one card per member, please)