



INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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



IT'S NEVER TOO LATE TO FEEL GREAT.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | 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.

WALKING CLUB

FRIDAY, JANUARY 3rd from 3:00 – 4:00pm, Outside

Enjoy the fall weather with a walk around our nature trail.

COLOR ME CALM

TUESDAY, JANUARY 7th from 1:00 – 2:30 p.m., Studio B

Come and calm your mind with adult coloring and mediating music.

BOOK CLUB

WEDNESDAY, JANUARY 8th from 12:30 – 2:30pm, Studio A

Be Ready When the Luck Happens by Ina Garten

PAINTING PARTY

MONDAY, JANUARY 13th from 12:30 – 2:30 p.m., Studio B

A fun-filled event of creativity, fun and friendship! No experience required!

BOWLING AND BIRTHDAYS

WEDNESDAY, JANUARY 15th from 12:30 – 2:15 p.m.

King Pins Bowling Center at 5310 Lenox Avenue

Get out and knock over some pins. You get shoes, two games, and a hotdog lunch for \$8.50. We will also be celebrating December birthdays. ***Sign up in the app. Payment can be made at the Bowling Alley.**

BINGO

WEDNESDAY, JANUARY 22nd from 12:15 – 1:30pm, Studio A

Join us for an afternoon shouting your favorite word—BINGO! We will have prizes for winners, fun with friends, and lots of laughs.

SAFETY SEMINAR: HEALTHY AGING SELF-DEFENSE

SATURDAY, JANUARY 25th from 11:30 a.m. – 12:15 p.m., Studio A

Focus on flexibility, awareness and balance. Learn how to protect yourself in dangerous situations.

ARTS AND CRAFTS: QUILTING

MONDAY, JANUARY 27th from 12:30 – 1:45 p.m., KidZone

Start making a quilt and continue the one you already started.

POTLUCK: SOUP AND MORE

WEDNESDAY, JANUARY 29th from 12:30 – 2:00 p.m., Studio A

Bring your favorite soup or side dish. Sign-up to bring a dish at the Welcome Center.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win YMCA swag!

Pick up your card at the Welcome Center today!