



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 FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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

Fridays, January 3 & 24, 1:30 – 2:30pm, meet in the YMCA Lobby

Enjoy the cool weather and walk around the neighborhood. Take it at your own pace, slow and easy...or quick and fast. The route is 1.5 miles in Murabella.

Puzzle Exchange

Monday, January 6, 1:30 – 2:30pm, Multi-Purpose Room

Do you enjoy puzzles? Do you have a closet full of puzzles you have completed? Bring a puzzle, with all pieces included, and exchange it for another gently used puzzle.

Game Day!

Wednesday, January 8, 12:30 – 1:30pm, Multi-Purpose Room

Come join other individuals who love to play Board Games, Cards, Puzzles and other social games. Bring your own game and teach others how to play! Come ready to laugh and have fun!

Crochet/Knitting Club

Friday, January 10, 1:00 – 2:00pm, Multi-Purpose Room

Do you like to crochet or knit? Do you have yarn you would like to use? Join us, use your own pattern, or use one we have. We can teach basic crochet skills if you would like to learn!

Book Club: For the Love of Reading!

Tuesday, January 14, 1:00 – 2:00pm, Multi-Purpose Room

This month's read is, *The Only Woman in the Room* by Marie Benedict. This bestseller is a historical fiction novel about Hedy Lamarr, who was a brilliant woman scientist only remembered for her beauty.

Bible Study at the Y!

Wednesday, January 15, 1:30 – 2:30pm, Multi-Purpose Room

Bible Study here at FHV! Our fellow member and volunteer David Greer will be leading our community in faith-based studies. David has been a member of Trinity Episcopal for more than 30 years. He has participated as a youth advisor, choir member, Vestry, Brotherhood of St. Andrew, Lay Eucharistic Minister and Hospital Visitor. The Bible is a part of his daily devotional, and he looks forward to exploring the Word with you in whatever form will best meet the needs of our collective group. *All denominations are welcome.

BINGO

Tuesday, January 21, 1:30 – 2:30pm – Multi-Purpose Room

Join us as you yell your favorite word...BINGO! Win prizes while making friends!

Healthy Snack Exchange

Thursday, January 23, 12:30 – 1:30pm- Multi-Purpose Room

Bring a healthy snack to share with others. Leave with healthy snack ideas to jump start the New Year! This can be something very simple and healthy!

New Member Orientation

Monday, January 27, 1:30 – 2:20pm, Multi-Purpose Room

Come and meet the YMCA staff while learning more about the YMCA and its offerings for those ages 50 and better.