



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 NOCATEE | 400 Colonnade Drive | 904.671.9622 | 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

Every Tuesday and Thursday, 8:00 - 9:00am, meet in the YMCA lobby

Great way to start a healthy New Year and prepare for Spring racing events. Every Tuesday and Thursday 8:00 - 9:00am, meet in the YMCA Lobby

Majong Meetup

Every Friday, 2:00 – 5:00pm, Multipurpose Room

If you are a Mahjong lover then there is a group that plays every Friday at the Y! Requirements: Must know how to play and own tiles and card. There are limited spots, so contact Barb Bender at 407-435-0370 for a reservation.

Social: Trivia at Treylor Park

Tuesday, January 7th, 11:00-11:45, Treylor Park in Nocatee

Meet up at Treylor Park to test your General Knowledge with friends! Reservations for spots will be made 7 days prior to the event so make sure to sign up on the Y app. Healthy Aging events can be reserved 14 days in advance.

Coffee and Conversation

Wednesday, January 8th, 9:30 - 10:30am, YMCA Lobby

Join over the fragrant aroma of coffee and good conversation. This is a great way to meet new Y friends!

** Participants will be responsible for paying for their own coffee.**

Bring on the Bunco

Monday, January 13th, 3:00 – 5:00pm , Multi-Purpose Room

Join us for a fun game of Bunco with friends. Everyone is asked to bring \$1 and the money collected will be donated by the winner to a Y charity of their choice.

Tai Chi Demonstration

Tuesday, January 21st, 2:30 – 3:30pm, Airnasium

The Chinese New Year (Year of the Snake) is quickly approaching! Come enjoy a demonstration by Award winning Instructor Tess Scharwitz and her students.

Field Trip to Lightner Museum in St. Augustine

Thursday, January 23rd, Day Trip

Reservations required. Spots are currently filled, but there is a wait list if interested. Group lunch will take place at the museum. Contact bbender@fcymca.org for more information.

Book Club

Tuesday, January 26th, 2:30 – 3:30pm , Multi-Purpose Room

All book lovers! Join us for our monthly Book of the Month! This month's book selection is "Ordinary Grace" by William Kent Krueger. Participants are also encouraged to submit a book title for future reading.