



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 WILDLIGHT | 251 Breezeway Street | 904.849.9622 | 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.

Coffee and Conversation

Tuesday, January 7th, 9:30 – 10:30am, Lobby

Stop by for a cup of coffee and chit chat about your week or upcoming New Year Plans!

BINGO!

Thursdays, January 9th & 23rd, 12:00 – 1:00pm, Teen Center

Who doesn't love a classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO!

Tech 101

Monday January 13th, 12:30 – 1:30pm, Lobby

Technology can be a bit difficult and so much is changing rapidly, so bring your phone, laptop or tablet in and we will help you step by step through issues you may be having.

Carol's Knitting Class

Thursday, January 16th, 12:00 – 2:00pm, Teen Center

Come join Carol as she teaches us the beginner basics of knitting.

Pizza and Painting

Wednesday, January 22nd, 6:00 – 7:00pm, Teen Center

Come join us and our Families Unplugged Parents and Kiddos as we paint and enjoy some yummy pizza. ****Cost will be \$5.00 per participant. Registration and payment must be made at the Welcome Center.****

Arts and Crafts: Snowy Pinecone Candle Jars

Tuesday, January 24th, 12:00 – 1:00pm, Teen Center

Come join us and bring your creativity as we design your very own Snowy Pinecone Candle Jar!

Coffee and Convo...with Coloring

Tuesday, January 28th, 10:00 – 11:00am, Lobby

Stop by for a cup of coffee, color a winter-themed coloring page, and chit chat about your week or upcoming February plans!