



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | October 2025

Prioritizing Your Mental Well-Being

At the Y, we know health isn't just about staying strong physically—it's about caring for your mind and spirit too. Staying connected, keeping active, and engaging in activities you enjoy are powerful ways to support mental health. Whether it's a group exercise class, a friendly game of pickleball, or simply sharing coffee with a friend, these moments help reduce stress, boost mood, and keep your mind sharp. Remember: taking time for yourself isn't selfish—it's essential. Let's keep moving, laughing, and supporting one another, because a healthy mind is just as important as a healthy body.



Move Well, Stay Strong

October 12 is World Arthritis Day, a reminder that arthritis doesn't have to hold you back. Staying active — especially with programs that include balance, strength, flexibility, and low-impact movement — can help reduce pain, improve mobility, and lower your risk of falls.

One great option is Enhance®Fitness at the YMCA. It's an evidence-based class designed for older adults (including those with arthritis), led by certified instructors, with modifications available so nothing hurts. With regular participation you can build strength, improve balance, and better manage arthritis symptoms — while having fun and staying independent.





IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | OCTOBER 2025

OCTOBER 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.**

REMINDER! Come play PICKLEBALL at the Y!

Senior Chair Volleyball

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita to have fun with your Y friends while getting in a great workout.

Book Club

Thursday, October 9th, 10:00 – 11:00am, Common Area

Join us for a morning discussion of Park Avenue Summer by Renee Rosen; the group will also choose a book for November.

Coffee and Convo

Friday, October 10th and 24th, 10:00am – 12:00pm, Common Area

Come for the coffee and stay for the fellowship!

SilverSneakers Boom Muscle DEMO

Saturday, October 11th, 11:30am - 12:30pm, Studio A

Come join June as she showcases what SilverSneakers Boom Muscle can do for you. Boom Muscle is a step ABOVE SilverSneakers Circuit, with the focus on toning muscles and building overall strength. Space is limited to 20 participants, so be sure to sign up on the app!

Dinner Out: Brick Oven Pizzeria & Gastropub

Tuesday, October 14th, 4:30 – 6:00pm

Come and enjoy food and fellowship with your Y Family. Please use the app to reserve your spot.

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

Arts and Crafts: Pumpkin Bouquet Craft

Monday, October 20th, 1:00 - 2:00pm, Family Activity Center

Come join Cholita as we make Pumpkin Bouquets to celebrate the start of Fall. Sign up in the app by October 13th to ensure we have enough supplies.

Cardio Circuit

Monday, October 27th, 12:45 - 1:30pm, Basketball Gym

Come join Cholita for 45 minutes of out-of-the-box games that will get your heartrate up while you enjoy plenty of laughs, camaraderie, entertainment, and movement with your Y friends.

Spanish Club with Layla

Tuesday, October 28th, 12:45 - 1:30pm, Common Area

Come join Layla on the last Tuesday of EACH month for one-hour of Spanish lessons & conversation.