



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.

**MENTAL
HEALTH**
IS PART OF OUR
OVERALL HEALTH
[#WeAllHaveMentalHealth](#)

IT'S NEVER TOO LATE TO FEEL GREAT.

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | 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.**

PUMPKIN STRETCH: Autumn Blessings and Chair Yoga

Wednesday, October 1st, 12:15 – 1:00pm, Study A

Celebrate the season by starting with our Autumn Blessings activity, where you'll reflect and write on a pumpkin what brings you joy this fall. Then enjoy a chair yoga class to stretch, relax, and refresh.

COFFEE AND CONVO

Friday, October 3rd, 9:00 – 10:00am, Lobby

Join Kimberly for coffee, along with open discussion about upcoming AOA activities, AOA Committee... and more!

ARTS AND CRAFTS: Pumpkin Painting

Friday, October 10th, 11:30am - 1:30pm, Youth Center

Get creative and enjoy a fun fall craft as Jackie guides us in painting a festive pumpkin to brighten up the season.

HEALTHY AGING DAY

Saturday, October 11th, 9:00am - 12:00pm

Join us for a morning of wellness with helpful resources, tips, and activities to support healthy aging in mind, body, and spirit. **Open to the community...no registration required!**

CARDIO CHALLENGE

Tuesday, October 14th, 10:30 - 11:30am, Wellness floor

Take a stroll and have fun completing a scavenger hunt along the way!

ARTS AND CRAFTS: Lantern Swag Arrangement

Thursday, October 16th, 12:00 - 1:00pm, Studio B

Create a beautiful lantern swag arrangement to decorate your home or gift to a friend.

PARTY AND PLAY: BINGO and Birthdays

Monday, October 20th, 10:00 - 11:00am, Youth Center

Fun, prizes, and more!!! If you are celebrating a birthday in October, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

BIBLE STUDY

Tuesday, October 28th 10:45 - 11:45am, Youth Center

Treasures from Scripture | Spend time with friends reflecting on your favorite Bible verses and sharing how they've encouraged and strengthened you through life's seasons.

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center starting October 1st. Each time you visit the Y, get it punched! Enter drawing to win a Cool Prize this month!

**More visits=
More chances to WIN!**

PICKLE BALL PLAY!

Monday, Wednesday,
& Friday
12:00 - 2:00pm
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Kimberly Sutton at ksutton@fcymca.org for more information!