



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.

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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.

FOOD PANTRY MONDAYS

Mondays in October, 12:00 – 2:00pm, Food Pantry

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. While supplies last. All are welcome to attend, no registration/reservation required.

WEEKLY BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays in October, 10:00 – 11:00am, Healthy Living Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays in October, 1:00 – 2:00pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

SPECIAL EVENT: 10TH ANNUAL GALA IN PINK ZUMBATHON

Saturday, October 4, 10:00am – 1:00pm, Gymnasium

We guarantee you do not want to miss the Johnson Family YMCA's 10th Annual **Gala in Pink** to dance and raise needed funds for our **HEALTHY LIVING** and **LIVESTRONG** programs at the Johnson Y. Are you ready? Yes or Yes? KIDZONE WILL BE AVAILABLE. **Cost is \$20; registration and payment can be made at the Welcome Center.**

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, October 6, 9:30 – 10:30am, Healthy Living Center

All are welcome to attend.

CROCHET CLASS

Monday, October 13 & 20, 10:00 – 11:30am, Healthy Living Center

Whether you are just starting out crocheting, or you have been crocheting for years, this crochet class is for you.

BINGO WITH BEVERLY!

Friday, October 17, 10:00am – 12:00pm, Pre-Teen Center

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun. All are welcome to attend.

OCTOBER MEMBER APPRECIATION: MUFFINS IN THE MORNING

Friday, October 17, 6:00 – 8:00am, Welcome Center/Lobby

Join us for muffins and juice as we celebrate all October's birthdays, recognitions, and more while supplies last.

THE CONNECTION COLLECTIVE: MENTAL WELLNESS GROUP

Friday, October 24, 12:30 – 1:30 pm, Healthy Living Center

This mental wellness peer-led series, with Mr. Robert, aims to educate and empower individuals to improve their mental health and well-being with specialized topics for adults.

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, October 27, 11:00am – 12:30pm, Healthy Living Center

Introducing "Conversations with Saundra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

MID-DAY MOVIE: MISERY

Friday, October 31, 11:00am – 1:00pm, Teen Center

Enjoy the movie, *Misery* (1990). After a famous author is rescued from a car crash by a fan of his novels, he comes to realize that the care he is receiving is only the beginning of a nightmare of captivity and abuse. Rated R. Popcorn served.