



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.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | 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.**

Coffee & Convo (and bagels!)

Wednesday, October 1st, 9:00 – 10:00am, Lobby

Bring a friend, neighbor, or family for a connection to your YMCA community. Coffee and bagels provided.

BINGO

Friday, October 3rd, 12:00 - 1:00pm, Studio A

Come enjoy some BINGO games with your Y friends! Stay for a few games or the entire time, and take home some neat prizes!

Game Day! Board and Card Games

Tuesday, October 7th, 9:30 - 11:30am, Lobby

Bring your favorite board or card games to provide mental stimulation and friendly competition! Some games/cards will be provided onsite, but feel free to bring your favorites, if you wish.

Arts and Crafts: Shadowboxes

Thursday, October 9th, 12:30 – 2:00pm, Studio B

Join us to create a shadowbox with matchbooks. Only six spots available, so be sure to make a reservation!

Color Me Calm: Coloring Club

Tuesdays, October 14th and 28th, 11:00am – 12:00pm, Studio A

Let's face it...coloring is for all ages! Coloring offers a way to engage creativity, acting as a simple form of art therapy. Enjoy a coloring page with crayons and markers of your choice. Feel free to bring your own materials!

Brunch and Learn with Conviva Care Solutions

Wednesday, October 15th, 10:15 – 11:15am, Studio A

Join us as our partners at Conviva present on healthful aging. Topic TBD. Brunch provided to all registrants.

Pickleball 101

Thursday, October 16th, 9:00 – 10:00am, Gymnasium

Who is ready to learn pickleball? Learn the basic and fundamental skills of pickleball. **Only 12 spots available.**

Music Circle

Friday, October 17th, 12:00 – 1:00pm, Studio B

Come listen to music and relax! Grab a dance partner and move to the groove, or just enjoy music while making friends! Feel free to bring your own instrument as well!

Tech 101: FCYMCA App

Monday, October 20th, 10:30 - 11:30am, Lobby

Technology can be a bit difficult. Bring your phone and we can help you set up the FCYMCA App. We will walk you through some of the great features the app has to offer as a Y member.

Trunk or Treat

Saturday, October 25th, 5:00 – 8:00pm, YMCA Parking Lot

Come join the YMCA and enjoy lots of yummy Halloween treats! Bring your family, or just join us to enjoy the the activities, treats, and excitement you'll see in our youngest members! ***Registration not required.**

Nature Nomads Color Walk

Wednesday, October 29th, 10:00 – 11:00am, Amelia Park

Enjoy a beautiful stroll in our local neighborhood of Amelia Park and enjoy a nice color walk where we have fun observing the colors of nature and practice mindfulness. Weather permitting.