



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.

ST. AUGUSTINE FAMILY YMCA | 500 Pope Rd | 904-471-9622 | 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.

SPOOKTACULAR MAHJONG EVENT

Every Wednesday starting October 1st, 12:30 to 3:30pm, FORMAL CYCLE ROOM

Please join us every Wednesday in October for a ghouling experience playing a spooktacular mahjong and engaging with friends. (Snacks and prizes will be given)

KICKBOXING 101 with PATSY

Every Monday starting October 6th, 6:20 to 7:10pm, STUDIO A

Join Patsy every Monday night learning fundamental skills of kickboxing.

NATIONAL CONSIGNMENT DAY

Monday, October 6th, All Day Event, FORMER CYCLE ROOM

It's National Consignment Day!!! Stop by the former cycle room and take home gently used shoes, clothes, and more. All FREE and ready to be claimed by YOU!!! **No registration required.**

ARTS and CRAFTS: WITCH-IN' WORKSHOP

Friday, October 10th, 10:30 to 11:30am, FORMER CYCLE ROOM

Dare to scare and make creative witchin' crafts in this spooky workshop. Prizes and snacks will be provided, if you don't get spooked away.

HEALTHY AGING DAY

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

If you are 50+ and would like to learn about all that the Y has to offer the healthy aging community, join us at the YMCA on Healthy Aging Day! We will be hosting local vendors to educate and provide resources and benefits to the community. FREE and open to the public!

MONSTEROUS TRIVIA

Monday, October 13th, 10:30 to 11:15am, FORMER CYCLE ROOM

Let's put that Frankenstein brain to the test with a fun game of trivia with friends.

BOO-GIE SLIDE LINE DANCING with LORI

Wednesday, October 15th and October 29th, 2:00 to 2:30pm, STUDIO A

Bring a friend and your thriller dancing feet and come BOO-GIE with us!

HALLOWEEN COOKIE DECORATING

Friday, October 24th, 10:30 to 11:15am, FORMER CYCLE ROOM

Who loves cookies??? Please join us as we decorate and enjoy Halloween cookies with friends.

BIRTHDAY CELEBRATION

Friday, October 31st, 10:00am to 12:00pm, LOBBY

Are you or someone you know celebrating a birthday in October? Please join us in celebrating yours or someone else's birthday for the month of October.