



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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1426 | 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.

Crochet / Knitting Class

Mondays in October, 1:30 – 3:30pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

Table Tennis

Tuesdays and Thursdays, 1:00 – 3:00pm, Court A All levels welcome! **No registration required.**

Bible Study

Friday, October 3rd, 11:00am – 12:00pm, Teaching Kitchen

Studying 31 Women of the Bible available on Amazon. This month we are learning about Mary & Elizabeth. Please bring your Bible and Notebook as well. All denominations are welcome!

Party & Play: Birthdays and BINGO

Tuesday, October 7th, 10:00 – 11:00am, Teaching Kitchen

Come celebrate our fellow members with October birthdays...and enjoy some BINGO fun!

Lunch Bunch & Tour

October 9th, 11:00am – 1:00pm, Sweet Pete's (400 N Hogan St)

We will start with a tour of Sweet Pete's Candy Kitchen. For \$8.00, you can have a custom candy bar made. We will follow the tour with lunch at Fizzies & Fare at the same location. One lucky participant will have their lunch paid for by the Y!

Participants are responsible for paying for their meals.

Healthy Aging Day

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

This event is opened to the community. We will be showcasing what our Winston Family YMCA has to offer to our healthy aging community. Bring your kids & grandkids...this event is FREE and open to the community!

Coffee & Convo

Tuesday, October 14th, 10:00 – 11:00am, Teaching Kitchen

Learn more about the Y and enjoy fellowshiping.

Bowling

Wednesday, October 15th, 12:00 – 2:00pm, King Pin Lanes (5310 Lenox Ave)

Join us for some bowling fun! \$8.50 gets you 2 games, shoes, hot dog, soda & chips.

Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!

Brunch & Learn, presented by VyStar Credit Union

Tuesday, October 21st, 10:00 – 11:00am, Teaching Kitchen

VyStar will present the topic Using Your Credit Card. Brunch will be provided to all reserved participants.

Day Trip: USS Orleck Naval Museum

Friday, October 24th, 10:00 – 11:30am, meet at USS Orleck Naval Museum Tour (610 East Bay Street)

Join your Y friends for a tour of the USS Orleck! **Tickets are \$5.00, paid at the museum.**

Book Club

Tuesday, October 28th, 10:00 – 11:00am, Teaching Kitchen

Join us to discuss this month's read, Camino Winds by John Grisham

Halloween Potluck

Wednesday, October 31st, 12:00 – 1:00pm, Teaching Kitchen

Bring some spooky food to share! Costumes optional!

FLORIDA BLUE SPONSORED EVENTS

(Please register for these events directly with Florida Blue in our Healthy Living Center)

Vaccinations with Walgreen's Thursday, October 7th, 10:00am – 2:00pm

The Art Social Painting Class Friday, October 17th, 11:00am – 12:00pm in the Teaching Kitchen

Coping with Grief Monday, October 27th, 10:00 – 11:00am in the Teaching Kitchen