



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](https://www.ymca.org/weallhavedentalhealth)



IT'S NEVER TOO LATE TO FEEL GREAT.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | 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.

COFFEE AND CONVO

Wednesday, October 1st, 12:30 - 2:00pm, Wellness Center

Join us for coffee and conversation on National Coffee with a Cop Day, during which participants can enjoy a Healthy Aging Safety Discussion.

TECH 101

Thursday, October 2nd, 10:00 - 10:45am, Wellness Center

Come get answers to any questions you may have about the FCYMCA app!

BOOK CLUB

Wednesday, October 8th, 12:30 - 2:30pm, Studio A

Join us to discuss Boat Baby, A Memoir by Vicky Nguyen

BOWLING

Wednesday, October 15th, 12:15 - 2:00pm, King Pins Bowling (5310 Lenox Ave)

Get out and knock over some pins. You get shoes, two games, and a hotdog lunch for \$8.50.

Register in the app; payment can be made at the Bowling Alley.

QUILTING and SEWING

Monday, October 20th, 12:30 - 2:00pm, KidZone

Come with questions about quilting and sewing, be ready for a fun time!!!!

PARTY and PLAY: BINGO and BIRTHDAYS

Wednesday, October 22nd, 12:30 - 2:00pm, Studio A

Join us for an afternoon shouting- BINGO! At the same time, let's celebrate our October birthdays! We will have prizes for winners, fun with friends, and lots of laughs.

FALL FESTIVAL (with optional volunteer opportunity)

Saturday, October 25th, 10:00am - 1:00pm, Baptist North Campus

Bring the family and enjoy the fun at our Fall Festival...including trunk-or-treat!

If you would like to volunteer, please ensure that you have been fully cleared as a First Coast YMCA volunteer. See Terry Cruz for more information on how to become a volunteer at the Y!

ARTS & CRAFTS: FALL CRAFTING

Wednesday, October 29th, 12:30 - 2:30pm, Studio A

Choose from several crafts to make. Member participant cost is \$5 for supplies. Bring a snack to share. **Visit the Welcome Center to reserve your spot and make payment.**