



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.

YMCA AT FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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.**

Mahjong Mondays

Mondays in October, 1:00 - 3:00pm, Multi-Purpose Room

Calling all Mahjongg players!! If you are a seasoned player or just want to learn what Mahjongg is all about this is for you.

Bible Study at the Y!

Wednesdays, October 1st, 15th, and 29th, 1:30 - 3:00pm, Multi-Purpose Room

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All are welcome. The group is currently studying Acts.

GriefShare

Thursdays in October, 1:30 - 3:30pm, Multi-Purpose Room

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week group, you will discover what to expect in the days ahead and what's "normal" in grief.

Bunco

Friday, October 3rd, 1:00 - 2:30pm, Multi-Purpose Room

Bunco is a social dice game, often played with a large group. It involves rolling dice to score points and win rounds. Please bring a friend, we need 12 players to make it work.

Game Day!

Wednesday, October 8th, 12:30 - 1:30pm, Multi-Purpose Room

Come join other members who love to play board games, Rummikub, Dominos and other social games. Come ready to learn and laugh.

Healthy Aging Day

Saturday, October 11th, 9:00am - 12:00pm, Multi-Purpose Room

Join our active older adult community for food, fun, and fellowship. We will have vendor tables, games, a senior safety talk, and a pop-up class with Julie. Invite a friend and come hangout with us!

Book Club: For the Love of Reading!

Tuesday, October 14th, 1:00 - 2:00pm, Multi-Purpose Room

The discussion this month will be from the book, **The Lost Apothecary** by Sarah Penner.

Game Day Two!!

Friday, October 17th, 12:30 - 1:30pm, Multi-Purpose Room

Back by popular demand, another game day! We will have board games, Rummikub, and Dominos. In addition, we will have one Mahjongg table for those that can play independently. Join us and bring a friend.

Color Me Calm

Friday, October 24th, 1:00 - 2:00pm, Multi-Purpose Room

Join us for calm coloring, or amazing brain games such as sudoku, crossword puzzles, or regular puzzles.

BINGO!

Wednesday, October 29th, 1:00 - 2:00pm, Multi-Purpose Room

Join us as you yell... BINGO! Win prizes while making friends, bring a smile and be ready to laugh!

Lunch Brunch: Caddyshack

Friday, October 31st, 12:30 - 2:00pm, Meet at Caddyshack (455 S Legacy Trail E106, St Augustine)

Join us for a BOOtacular time! Please make sure to reserve your spot in the app. **Members will be responsible for paying for their own meals.**