



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 NOCATEE | 400 Colonnade Drive | 904-671-9622 | **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.

Email Libby at ebloomberg@fcymca.org for questions or suggestions.

Mahjong Meetup

Every Friday, 2:00 - 5:00pm, Multipurpose Room

Join fellow members for a game that sharpens the mind and brings friends together.

Healthy Aging Social

Wednesday, October 8th, 4:00 - 6:00pm, Coastal Wine

Join fellow members for a time of community, friendship, and laughter!

Mindful Meditation

Friday, October 10th, 1:15 - 1:45pm, Studio A

Relax your body and mind with this guided meditation, teaching us to let go.

Lunch Bunch

Monday, October 13th, 1:15 - 2:45pm, Cantina Louie (10870 US 1 North)

Join fellow members for food, fun, and a really good time!

Participants will be responsible for paying for their own meals.

Arts and Crafts: Craft Corner

Thursday, October 16th, 2:00 - 3:00pm, Multipurpose Room

Join Libby for fun Halloween crafting, making masks and bookmarks.

Coffee and Convo

Wednesday, October 22nd, 9:30 - 10:30am, Seasons Café at the YMCA

Enjoy lively conversation over coffee while making new friends!

Participants will be responsible for paying for their own coffee/meals.

Healthy Aging Halloween Social

Friday, October 24th, 6:00 - 8:00pm, Multipurpose Room

Come dressed in your amazing costume and socialize with fellow members.

Bring the grandkids!

Book Club

Tuesday, October 28th, 3:30 - 4:30pm, Multipurpose Room

Join fellow book lovers for a meaningful discussion of this month's book:

A House in the Mountains by Caroline Moorehead.