



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 WILDLIGHT | 251 Breezway Street, Suite 120 | 904-849-9622 | 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.**

Walking Club

Saturdays, October 4th, 18th, and 25th, 9:00 – 10:00am, Upstairs Walking Track

Come with your walking shoes on as you join Mrs. Evelyn for some walking and talking.

Chat & Chew

Tuesday, October 7th, 11:30am – 12:30pm, Teen Center

Come hang out with us and enjoy some light refreshments and even better conversation! Feel free to bring your lunch, bring a friend, and enjoy a casual hour of chatting, laughing, and connecting.

BINGO!

Thursday, October 9th, 12:00 – 1:00pm, Teen Center

Who doesn't love the classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **You may bring lunch or a snack to enjoy while playing.**

Lunch and Learn with Conviva Care Solutions

Thursday, October 9th, 1:00 – 2:00pm, Teen Center

Join us as our partners at Conviva present on healthful aging. Topic TBD. Lunch provided to all registrants.

Healthy Aging Day

Saturday, October 11th, 9:00am – 12:00pm, Outside (side of building)

Join us for a fun-filled day dedicated to celebrating healthy aging! Enjoy exciting games, delicious food, local vendors, and plenty of activities designed to promote wellness and joy for our seniors. It's a perfect opportunity to connect, stay active, and have a great time with friends and community!

Arts & Crafts: Nature Walk & Crafting Fun

Tuesday, October 14th, 11:30am – 12:30pm, Teen Center

Take a peaceful stroll with us as we explore the outdoors and collect natural treasures like leaves, flowers, and twigs. Then, let your creativity shine by turning your finds into beautiful nature-inspired art and crafts!

Lunch Bunch

Wednesday, October 22nd, 12:15 – 2:00pm, Bohemian Bull

Join us at Bohemian Bull for half-priced burgers and great convo. **PLEASE reserve your spot in the app by Tuesday, September 16th. *Participants will be responsible for paying for their own meals.***

Holiday Party: Fall Fest Party

Friday, October 24th, 4:00 – 5:30pm, Studio A

Come Join Mrs. Lorraine for a Fun-Filled Fall Fest Party! Enjoy a line dancing lesson, games, and prize giveaways! Dress up for some Halloween fun! Some refreshments will be provided, and you're welcome to bring an appetizer or snack to share. Celebrate the season with friends, laughter, and dancing!

Arts & Crafts: Halloween Craft

Tuesday, October 28th, 11:30am – 12:15pm, Teen Center

Get into the Halloween spirit with a fun and easy craft project! Join us for a relaxing time of creativity, conversation, and seasonal cheer. All supplies provided—just bring your imagination!