



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | November 2025



At the First Coast YMCA, we're committed to helping you live healthier, one step at a time. We offer two impactful programs designed to support individuals living with or at risk for diabetes:

Diabetes Prevention Program – Learn how small lifestyle changes can make a big difference in reducing your risk for type 2 diabetes.

Diabetes Self-Management Program – Gain the tools and confidence to better manage diabetes and improve your overall well-being.

Both programs provide guidance, encouragement, and community support to help you thrive.

Visit our website for more information!

<https://fcymca.org/programs/healthy-living/diabetes-prevention/>

<https://fcymca.org/diabetes-self-management-and-education/>

Healthy eating on your mind?

Healthy eating shouldn't feel like a chore — it's a journey, and we're here to support you. This month, we're putting the spotlight on healthy eating habits to fuel our bodies, minds, and communities.

Whether you're looking to:

- Evaluate your pantry and fridge with fresh eyes
- Set small, realistic goals for healthier habits
- Get personalized support (including for conditions such as diabetes, high blood pressure, high cholesterol, IBS, allergies, sports nutrition, weight-management)

Visit our website to reach out to our Registered Dietitians!

<https://fcymca.org/programs/healthy-living/nutrition/>



IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | NOVEMBER 2025

NOVEMBER 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.

REMINDER! Come play PICKLEBALL at the Y!

Senior Chair Volleyball

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita to have fun with your Y friends while getting in a great workout.

Coffee and Convo

Fridays, November 14th and 28th, 10:00 – 12:00pm, Common Area

Come for the coffee and stay for the fellowship!

Thanksgiving Potluck

Monday, November 10th, 12:45 – 2:00pm, Family Activity Center

Come enjoy a potluck full of your favorite foods...with your Y friends! Please bring one side or treat to enjoy. Drinks will be provided.

Book Club

Thursday, November 13th, 10:00 – 11:00am, Common Area

Come join our book club to discuss the latest book and to pick out a new book for next month.

Wreath Making

Monday, November 17th, 12:45 – 1:45pm, Family Activity Center

Join Cholita to make a festive wreath for the upcoming Christmas Holiday. If you have old ornaments you would like to use on your wreath, please bring them!

The Gift of a Meal for a Family in Need

Wednesday, November 19th, 12:45 – 1:45pm, Family Activity Center

Cholita is asking for donations for families in need at Thunderbolt Elementary School. You can bring in whatever donations you'd like, and we will walk them over to Thunderbolt Elementary so a family will be able to share a proper meal this Thanksgiving. This was done for her when her son was in Thunderbolt, and she wants to pay it forward. **NO REGISTRATION REQUIRED...simply join us in the Lobby on the 19th at 12:45pm to donate!**

Cardio Circuit

Monday, November 24th, 12:45 – 1:30pm, Gym

Come burn off your bird with Cholita for 45 minutes of out-of-the-box games that will get your heart rate up with plenty of laughs, camaraderie, entertainment, and movement.

Spanish Club with Layla

Tuesday, November 25th, 12:30 – 1:30pm, Common Area

Come join Layla on the last Tuesday of EACH month for one hour of Spanish lessons and conversation.