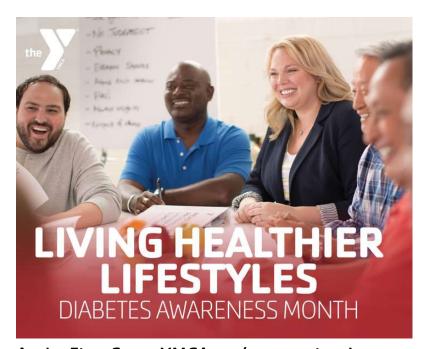


# INTOTION

# 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!

<a href="https://fcymca.org/programs/healthy-living/diabetes-prevention/">https://fcymca.org/programs/healthy-living/diabetes-prevention/</a>
<a href="https://fcymca.org/diabetes-self-management-and-education/">https://fcymca.org/diabetes-self-management-and-education/</a>

# 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! <a href="https://fcymca.org/programs/healthy-living/nutrition/">https://fcymca.org/programs/healthy-living/nutrition/</a>

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | 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.

#### **GriefShare**

# Every Tuesday until November 11th, 2:00 - 4:00pm, Conference Room

For help and encouragement after the death of a spouse, child, family member, or friend. This supportive series of meetings is open to the community. **Registration info:** mychurchseniors@yahoo.com. (Y members: please register with the app as well.) Non-Y members must sign a waiver and will be permitted to participate using a Spectator Pass. Small fee for optional workbook. Join at any time during the series.

#### **Crochet 'n Craft Crew**

#### Every Tuesday, 2:15 - 3:15pm, Studio D

Bring your projects and socialize! Help is available for beginners' crochet challenges. And you're not limited to crochet! Bring any of your current projects – artwork, needlepoint, embroidery, knitting, coloring, etc. - and have a great time conversing with new friends and learning a new skill! Bringing snacks is permitted.

## **Bible Study**

## Every Friday, 11:45am - 12:45pm, Studio D

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. All denominations are welcome.

#### **Lunch Bunch (first of two this month)**

Monday, November 10<sup>th</sup>, 12:30 - 2:00pm, Meet at Olive Garden, 10144 Philips Hwy \*Participants will be responsible for paying for their own meal.\*

#### <u>Bocce Ball</u>

# Wednesday, November 12th, 11:45am - 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

#### **Meeting: Volunteers**

# Thursday, November 13th, 2:15 - 3:00pm, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

#### <u>BINGO!</u>

Friday, November 14th 12:00 - 12:30pm, Conference Room

#### **Coffee and Conversation**

# Wednesday, November 19th, 11:30am - 12:30pm, Lobby

Coffee and socializing! Our goal is to help foster new friendships and connections.

## New Member Orientation for Seniors

# Wednesday, November 19th, 2:15 - 3:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

#### **Book Club: Books@Brooks**

# Thursday, November 20th, 2:15 - 3:15pm, Studio D

The Alice Network, by Kate Quinn. Reading the book is encouraged, but not required. Choosing the 2026 Reading List will be on December 18<sup>th</sup> at our yearly Books@Brooks Book Club Luncheon. (Details in the December newsletter!)

#### <u>Lunch Bunch (second of two this month)</u>

Monday, November 24<sup>th</sup>, 12:30 - 2:00pm, Meet at Miller's Ale House, Tinseltown \*Participants will be responsible for paying for their own meal.\*

#### **Don't forget your PUNCH!**

**TEN** punches on your 50 & Better punch card(s) enters you to win a prize: The Senior of the Month Parking Spot! Pick up your card at the Welcome Center today!

PLEASE remember to swipe your membership card or scan in at the front desk EVERY day that you visit! We depend on you!

Have suggestions, inspiration, or feedback? Reach out to Sheri Nash, our Brooks Family YMCA Healthy Aging Coordinator!

Email: snash@fcymca.org Phone: 904.902.7973