



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.

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 10th, 12:30 - 2:00pm, Meet at Olive Garden, 10144 Philips Hwy

Participants will be responsible for paying for their own meal.

Bocce Ball

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!

BINGO!

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 18th at our yearly Books@Brooks Book Club Luncheon. (Details in the December newsletter!)

Lunch Bunch (second of two this month)

Monday, November 24th, 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!
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Phone: 904.902.7973