



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.

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

GriefShare

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

This supportive series of meetings is open to the community, offering help and encouragement after the death of a loved one. Small fee for optional workbook. Join at any time during the series. **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 attend with a Spectator Membership.

Crochet 'n Craft Crew

Every Tuesday, 2:15 – 3:15pm, Studio D

Bring your projects and socialize! Help is available for beginners' crochet challenges, or bring any of your current projects – artwork, needlepoint, embroidery, knitting, coloring, etc. - and have a great time getting crafty while conversing! *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.

Bocce Ball

Wednesday, October 8th, 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!

Volunteer Meeting

Thursday, October 9th, 1:00 – 2:00pm, Studio D

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

BINGO!

Friday, October 10th, 12:00 – 12:30pm, Conference Room

Sponsored by **David Palmeri**, Independent Agent.

HEALTHY AGING DAY

Saturday, October 11th, 9:00am – 12:00pm

The Brooks Family YMCA will hold our annual Healthy Aging Day! This event will be open to the community, so plan to bring friends, family, and neighbors. **Registration is not required.** Waivers must be signed by all non-members attending the event.

Lunch Bunch (first of two this month!)

Monday, October 13th, 12:30 – 2:00pm, Meet at Red Robin, Town Center

Participants will be responsible for paying for their own meal.

New Member Orientation for Seniors

Wednesday, October 22nd, 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!

Coffee and Convo

Wednesday, October 22nd, 11:30am-12:30pm, Lobby

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

Book Club: Books@Brooks

Thursday, October 23rd, 2:15 – 3:15pm, Studio D

Swordheart, by T. Kingfisher. Reading the book is encouraged, but not required. **Please submit book recommendations for 2026.**

Lunch Bunch (second of two this month!)

Monday, October 27th, 12:30 – 2:00pm, Meet at Bahama Breeze, Town Center

Participants will be responsible for paying for their own meal.

Lunch and Learn

Wednesday, October 29th, 11:30am – 12:30pm, Conference Room **Topic: Changes to Medicare 2026**

Presented by **David Palmeri**, Independent Agent

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!

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