



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.

BROWN FAMILY YMCA | 170 LANDRUM LANE | 904.543.9622 | NOVEMBER 2025

NOVEMBER EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app (select Classes and filter by Healthy Aging class type) or online at fcymca.org.

WALKING CLUB

Every Monday, 8:30 – 9:30am, YMCA Front Entrance

Led by Sarah Ritchie, this gentle walk invites you to unwind, observe, and enjoy the peaceful rhythm of the outdoors in the company of friends. **(Registration Class Name – Healthy Aging Walking Club)**

MAHJONG EVENTS

ALL-LEVEL MAHJONG (NO instructors present)

Every Wednesday, 12:30 - 2:30pm, Healthy Living Center

Come join us every Wednesday for Mahjong! Whether you're a seasoned player or just starting out, everyone is welcome. **(Registration Class Name – Healthy Aging All Lvl Mahjong)**

MAHJONG 101 (INSTRUCTORS PRESENT)

Wednesdays, November 5th and 19th, 12:30 – 2:30pm, Healthy Living Center

If you're new to the game, come by on one of these days to learn from experienced instructors...then stay to play and practice your new skills. **(Registration Class Name – Healthy Aging Mahjong 101)**

MAHJONG FOR SEASONED PLAYERS (NO instructors present)

Fridays, November 7th, 12:45 - 2:45pm, Healthy Living Center

Experienced Mahjong players, come join us for a fun and enjoyable afternoon.

(Registration Class Name – Healthy Aging Seasoned Mahjong)

ARTS and CRAFTS: COZY CROCHET PUMPKIN WORKSHOP

Thursday, November 6th, 1:00 – 3:00pm, Healthy Living Center

Get into the fall spirit with our Cozy Crochet Pumpkin Workshop! Learn how to crochet a charming pumpkin to add a handmade touch to your autumn décor. No experience needed — we'll provide all the materials.

Space is limited, register in the FCYMCA app. (Registration Class Name – Healthy Aging Arts & Crafts)

BOOK CLUB

Thursday, November 13th, 11:30 am -12:30pm, Healthy Living Center

Join us for a lively discussion of the book "One Italian Summer" by Rebeca Serle. Even if you haven't had a chance to read the book, we'd still love for you to join us - come share your suggestions for next month's pick! Come for the books, stay for the community! **(Registration Class Name – Healthy Aging Book Club)**

TECH 101: TECH HELP WITH DAVID

Thursday, November 20th, 10:30am - 12:00pm, in the Lobby

Need help with your devices? Bring your smartphone, Laptops, E-reader and your tech questions. David will be on hand to help with your technology needs. **(Registration Class Name – Healthy Aging Tech 101)**

LUNCH BUNCH

Thursday, November 20th, 1:00 – 2:30pm, Trasca & Co Eatery (155 Tourside Dr.#1500, PVB)

Meet for lunch at **Trasca & Co Eatery** to enjoy a yummy lunch while socializing. ***Participants are responsible for paying for their own meals*** **(Registration Class Name – Healthy Aging Lunch Bunch)**

CANASTA

Friday, November 21st, 12:45 - 2:45pm, Healthy Living Center

Come join us for Canasta. Whether you're a seasoned player or just starting out, everyone is welcome. **(Registration Class Name – Healthy Aging Canasta)**