



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.

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | 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.**

COFFEE AND CONVO

Monday, November 3rd, 9:30 – 10:30am, Lobby

Join Kimberly for coffee and discussion about upcoming AOA activities, AOA Committee... and more!

ARTS AND CRAFTS: Build a Bouquet

Wednesday, November 5th, 12:30 - 1:30pm, Studio B

Join us for creating your very own flower bouquet.

SENIOR CHAIR VOLLEYBALL

Tuesday, November 11th, 12:00 - 1:00pm, Gym

Stay active, laugh and have fun with friends! No experience needed- just bring your energy and enthusiasm.

SELF-DEFENSE with Carol

Thursday, November 13th, 10:00 - 11:00am, Youth Center

Learn practical moves, build confidence, and stay safe in this empowering class for all levels!

PARTY AND PLAY: BINGO and Birthdays

Friday, November 14th, 12:30 - 1:30pm, Youth Center

Fun, prizes, and more!!! If you are celebrating a birthday in November, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

POTLUCK: Friendsgiving

Tuesday, November 18th, 12:15 – 2:15pm, Youth Center

Celebrate friendship and gratitude! Bring a favorite dish to share. Enjoy food, laughter and community!

CARDIO CHALLENGE

Thursday, November 20th, 11:30am - 12:15pm, Wellness floor

Join our fun cardio challenge designed to get you moving, boost your energy, and keep your heart healthy!

ARTS AND CRAFTS: Make a Melted Snowman Ornament

Monday, November 24th, 10:00 - 11:00am, Youth Center

Melted Snowman Ornament- Have some frosty fun! Create a cute, melted snowman ornament that's sure to get you in the holiday spirit!

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center starting November 1st. Each time you visit the Y, get it punched! Enter drawing to win a Cool Prize this month!

**More visits=
More chances to WIN!**

PICKLE BALL PLAY!

Mondays,
Wednesdays, &
Fridays
12:00 - 2:00pm
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Kimberly Sutton at ksutton@fcymca.org for more information!