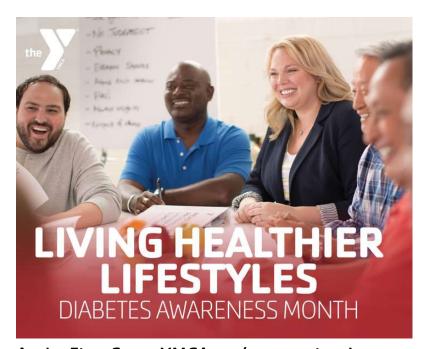


# INTOTION

### 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>

**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 3<sup>rd</sup>, 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 11<sup>th</sup>, 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 <a href="mailto:ksutton@fcymca.org">ksutton@fcymca.org</a> for more information!