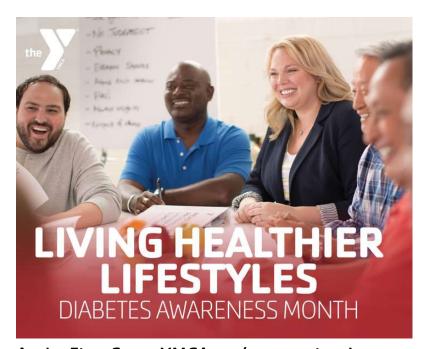


INTOTION

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!

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/

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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.

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, November 3, 9:30 – 10:30am, Healthy Living Center All are welcome to attend

WEEKLY BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesday, November 5, 12, 19, and 29, 10:00 – 11:00am, Healthy Living Center All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

FOOD PANTRY WEDNESDAYS & FRIDAYS

Wednesdays, 3:00 - 5:00pm, and Fridays, 12:00 - 2:00pm, Food Pantry at Johnson

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. While supplies last. **All are welcome to attend...no registration is required.**

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesday, November 5, 12, 19, and 26, 1:00 - 2:00pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

CROCHET CLASS

Monday, November 10 & 17, 10:00 - 11:30am, Healthy Living Center

Whether you are just starting out crocheting, or you have been crocheting for years, this crochet class is for you.

NOVEMBER MEMBER APPRECIATION: VETERAN'S DAY FISH FRY

Tuesday, November 11, 1:00 - 3:00 pm, Outdoor Pavilion

Join us for fish and spaghetti as we celebrate November's birthdays and recognitions as we honor our Veterans while supplies last.

BINGO WITH BEVERLY!

Friday, November 14, 10:00am - 12:00 pm, Pre-Teen Center

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun. All are welcome to attend.

MID-DAY MOVIE: THE PREACHER'S WIFE

Friday, November 21, 11:00am - 1:00pm, Teen Center

Enjoy the movie, The Preacher's Wife (1996). An angel comes to Earth to help a preacher save his church and his family. Rated PG. Popcorn served.

SPECIAL EVENT: THE PEOPLE'S CHOICE CHILI COOK-OFF

Saturday, November 22, 12:00 – 2:00pm, Teen Center

Enter to win the People's Choice Chili Cook-Off hosted by the AOA. This event benefits the Johnson Family YMCA. Pull out your crock pots and bring the heat! \$7 to enter your best recipe and \$5 to sample and pick the winner. **Registration and payment can be made at the Welcome Center.**

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, November 24, 11:00am - 12:30pm, Healthy Living Center

Introducing "Conversations with Saundra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.