



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.

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.