



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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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.**

Bible Study

Every Friday, 12:30 - 1:30pm, Community Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Urban Soul Line Dancing

Friday, November 6th, 6:00 – 7:30pm, Studio A

Join in the fun and bring a friend for some line dancing fun!

Lunch and Learn, sponsored by WellCare

Tuesday, November 11th, 12:00 – 1:00pm, Healthy Living Center

Join us for learning on various health topics and enjoy a lunch! Must register on App!

Music & Memories

Tuesday, November 11th, 3:00 – 4:30pm, Healthy Living Center

Join us for a trip down memory lane! Listen to music that shaped our lives and journal special memories!

Self-Defense Wellness Workshop

Tuesday, November 11th, 11:00am – 12:00pm, Studio A

Learn about safety and self-defense. Members \$20 / Non-Members \$40. **Register and pay at the Welcome Center.**

Game Day

Thursday, November 13th, 3:00 – 4:30pm, Lobby

It's time for PING PONG! Enjoy a variety of different games, from Jenga to UNO to Trivial Pursuit and so much more – with your Y friends!

Thanksgiving Potluck

Friday, November 14th, 11:30am - 1:00pm, Gymnasium

Join your Y friends to celebrate the season of gratitude. Bring your favorite dish to share!

Lunch and Learn, sponsored by Conviva

Wednesday, November 19th, 12:00 – 1:00pm, Healthy Living Center

Join Conviva staff on how to Partner with you Doc on various topics, and enjoy a great lunch!

Book Club

Thursday, November 20th, 1:15 - 2:15pm, Community Center

Join us for a peer led, healthy literary discussion. We are currently reading "First Lie Wins" by Ashley Elton.

Arts and Crafts: Crocheting

Thursday, November 20th, 3:00 – 4:30pm, Community Center

Create crochet nursery items for the Ronald McDonald House.

Party and Play: BINGO & Birthdays!

Tuesday, November 25th, 3:15 – 5:00pm, Community 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.

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center, each time you visit the Y, get it punched at the Welcome Center.

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

PICKLE BALL

Pickle Ball Play

Mondays / Wednesdays, 2:00 – 4:30pm
Tuesdays / Thursdays / Fridays, 1:00 – 4:00pm
Thursdays, 8:00 - 10:30am
Sundays, 10:00am – 12:00pm
Beginner Instruction
Fridays, 11:00am – 12:00pm
Beginner Play Fridays, 12:00 – 1:00pm

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Alethea Endel at AEndel@fcymca.org for more information!