



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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1426 | **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.**

Crochet / Knitting Class

Every Monday, 1:30 – 3:30pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested, we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

Table Tennis

Every Tuesday and Thursday, 1:00 – 3:00pm, Court A *All levels welcome, no registration required!*

Party & Play: Birthdays and BINGO

Tuesday, November 4th, 10:00 – 11:00am, Teaching Kitchen

Come celebrate our fellow members with October birthdays...and enjoy some BINGO fun!

Library and Lunch: Library Tour and Lunch

Wednesday, November 5th, 11:00am – 1:00pm, meet at the Main Library (303 N Laura Street)

Library tour with lunch to follow across the street at James Weldon Park (food trucks). One lucky participant will have their lunch paid for by the Y! **Participants are responsible for paying for their meals.**

Bible Study

Friday, November 7th, 11:00am – 12:00pm, Teaching Kitchen

Studying 31 Women of the Bible (available on Amazon). This month we are learning about Anna & the Bleeding Woman. Please bring your Bible and Notebook as well. All denominations are welcome!

Coffee & Conversation

Tuesday, November 11th, 10:00 – 11:00am, Teaching Kitchen

Learn more about the Y and enjoy fellowshiping.

Friendsgiving Cooking Demo, sponsored by Baptist Health

Thursday, November 13th, 10:00 – 11:00am, Teaching Kitchen

Come and enjoy a 3-course cooking demo by Baptist Health. **Registration in the app is required.**

Thanksgiving Potluck

Friday, November 14th, 12:00 – 2:00pm, LOCATION: WW Gay (524 Stockton Street)

Celebrate the season with good food & good friends! The Y will provide the meat. Please see the sign-up sheet at the Welcome Center to sign up to bring a side and/or dessert.

Brunch & Learn, sponsored by Baptist Health

Tuesday, November 18th, 10:00 – 11:00am, Teaching Kitchen

Join us for a presentation of Energy Touch with Patty. **Brunch will be provided to all registrants.**

Bowling

Wednesday, November 19th, 12:00 – 1:30pm

NEW LOCATION: Batt Family Fun Center, 1838 Cassat Avenue

Join us for some bowling fun! \$12.99 gets you 2 games, shoes, a hot dog, soda, and fries.

Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!

Book Club

Tuesday, November 25th, 10:00 – 11:00am, Teaching Kitchen

Join us to discuss Remarkably Bright Creatures by Shelby Van Pelt.

FLORIDA BLUE SPONSORED EVENTS

(Please register for these events directly with Florida Blue in our Healthy Living Center)

3D Mobile Mamogram, Thursday, November 20th, 10:00am – 2:00pm

The Art Social Painting Class, Friday, November 28th 11:00am – 12:00pm, Teaching Kitchen