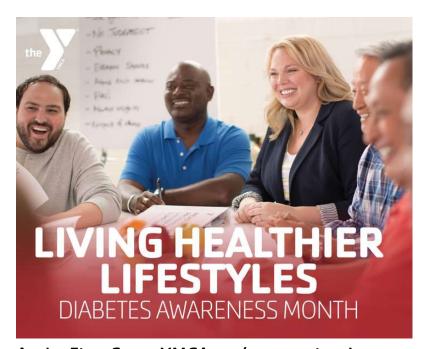


INTOTION

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/



YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | 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.

BOOK CLUB

Wednesday, November 5th, 12:30 - 2:30pm, Studio A Join us to discuss Wife, Mother, Spy, by Ann E. Butler

TECH 101

Thursday, November 6th, 10:00 - 10:45am, Wellness Center Come get answers to any questions you may have about the First Coast YMCA App!

THANKSGIVING POTLUCK

Wednesday, November 12th, 12:30 - 2:30pm, Studio A

The season of gratitude...come enjoy food, fun, and fellowship! Please bring a favorite dish to share.

PARTY AND PLAY: BINGO AND BIRTHDAYS

Monday, November 17th, 12:30 - 2:00pm, Studio A

Join us for an afternoon shouting BINGO! At the same time, let's celebrate November birthdays!

BOWLING

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

NEW LOCATION: meet at Batt Family Fun Center (1838 Cassat Ave.)

Get out and knock over some pins with your Y friends! You get shoes, a hotdog, fries, and soda for \$12.99. **Reserve your spot in the app. Payment will be made at the bowling alley.**

LUNCH AND LEARN sponsored by WELLCARE

Wednesday, November 19th, 12:15 – 1:15pm, Healthy Living Center

Join the Y and WellCare, for a presentation with lunch provided to all registrants.

Registration is required.

QUILTING AND SEWING

Monday, November 24th, 12:30 - 2:30pm, KidZone

Come with questions about quilting and sewing, and be ready for a fun time!!!!

WALKING CLUB

Wednesday, November 26th, 10:00 - 11:00am, Healthy Living Trail

Come out an enjoy a nice brisk walk on our trail with your fellow Y members.