



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.

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 and enjoy a nice brisk walk on our trail with your fellow Y members.