



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 FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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.

Mahjong Mondays

Every Monday, 1:00 - 3:00pm, Multi-Purpose Room

Calling Mahjong players! Whether you are a seasoned player or want to learn the game, this is for you.

GriefShare

Thursdays (ending after November 13th), 1:30 - 3:30pm Multi-Purpose Room

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this group, you will discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you will learn helpful ways of coping, in all its unpredictability - and gain solid support each step of the way.

Arts and Crafts

Wednesday, November 5th 1:15 - 3:15pm, Multi-Purpose Room

Join us for a fun craft experience! Learn how to make beautiful bows, wreaths, or your own creative design. Whether you're a beginner or a seasoned crafter, you'll leave with something you love - and made yourself! Perfect for gifts, home décor, or just because you love to create! Bring your imagination to life. **We have items for 15 members, so please be sure and sign up for this event in the app.**

Game Day

Wednesday, November 5th, 12:30 - 1:30pm, Multi-Purpose Room

Come join other members who love to play board games, Rummikub, Dominos and other social games. Come ready to learn and laugh.

Bunco

Friday, November 7th, 1:00 - 3:00pm, Multi-Purpose Room

Bunco is a social dice game, often played with a large group, that involves rolling dice to score points and win rounds. Prizes are given to winners! No experience needs, just a willingness to have fun and meet new people.

Book Club: For the Love of Reading!

Tuesday, November 11th, 1:00 - 2:00pm, Multi-Purpose Room

The discussion will be over **Broken Country** by Clare Leslie Hall. This is a love story and mystery. The book explores themes of first love, grief, and infidelity.

Bible Study at the Y!

Wednesdays, November 12th & 19th, 1:30 - 3:00pm, Multi-Purpose Room

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All are welcome. Currently studying the book of ACTS.

BINGO!

Wednesday, November 19th, 1:00 - 2:00pm Multi-Purpose Room

Join as you yell your favorite word... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh!

Lunch Bunch: The Loop Restaurant

Friday, November 21st, 12:30 - 2:00pm, meet at The Loop (150 Village Commons Drive, Suite 105)

Join us for food and friendship at The Loop next to the new Publix! Please make sure to reserve your spot in the app! ***Members will be responsible for paying for their own meals.***