



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 NOCATEE | 400 COLONNADE DR | 904-671-9622 | 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.
Email Libby at eblumberg@fcymca.org for questions or suggestions.**

Food Drive

November 1st - 13th, YMCA Lobby

Donate non-perishable Thanksgiving foods for St. Francis House in St. Augustine. (No reservations needed...simply make your donation in our Lobby!)

Mahjong Meetup

Every Friday, 2:00 - 5:00pm, Multipurpose Room

Join fellow members for a game that sharpens the mind and brings friends together.

Arts and Crafts

Thursday, November 6th, 2:00 - 3:00pm, Multipurpose Room

Join Libby to make an adorable Thanksgiving craft!

Lunch Bunch

Monday, November 10th, 1:30 - 2:45pm, Cantina Louie (10870 US 1 North)

Meet us at Cantina Louie for a fun lunch with Y friends! ***Participants will be responsible for paying for their own meals.***

Mindful Meditation

Wednesday, November 12th, 3:00 - 3:30pm, Studio A

Join Jill for a relaxing and rejuvenating meditation.

Book Club

Tuesday, November 18th, 3:30 - 4:30pm, Multipurpose Room

Join fellow book lovers for a meaningful discussion of this month's book, In the Midst of Winter, by Isabel Allende.

Coffee and Convo

Wednesday, November 19th, 9:30 - 10:30am, Seasons Café at the YMCA

Enjoy lively conversation over coffee while making new friends! ***Participants will be responsible for paying for their own coffee and/or food items.***

Thanksgiving Potluck

Friday, November 21st, 6:00 - 8:00pm, Multipurpose Room

Join Libby for a Friendsgiving Potluck Dinner! Bring a dish to share. Enjoy food and friendship with your Y family!