



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 WILDLIGHT | 251 Breezeway Street, Suite 120 | 904-849-9622 | **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.

Walking Club

Saturdays, November 1st, 8th, 15th and 29th, 9:00 – 10:00am, Upstairs Walking Track
Come with your walking shoes on as you join Mrs. Evelyn for some walking and talking

Chat & Chew

Tuesday, November 4th, 11:30 – 12:30pm, Teen Center

Come hang out with us and enjoy some light refreshments and even better conversation! Feel free to bring your lunch, bring a friend, and enjoy a casual hour of chatting, laughing, and connecting

BINGO!

Thursdays, November 6th, 12:00 – 1:00pm, Teen Center

Who doesn't love the classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **Please feel free to bring yourself some lunch or a snack to enjoy while playing.**

Lunch and Learn with Conviva Care Solutions

Tuesday, November 11th, 1:00 – 2:00pm, Teen Center

Join us as our partners at Conviva present on healthful aging. Topic TBD. **Registration is required. Lunch will be provided to all registrants.**

Tech 101

Tuesday, November 18th, 12:00 – 1:00pm, Teen Center

Technology can be a bit difficult and so much is changing rapidly, so bring your phone, laptop, or tablet in, and we will help you step-by-step through issues you may be having.

Lunch Bunch

Wednesday, November 19th, 12:15 – 2:00pm, Bohemian Bull

Join us at Bohemian Bull for some delicious half-priced Burger's and great convo. PLEASE be sure to reserve your spot in the app by Tuesday November 18th, so I can call to get reservation!

Participants will be responsible for paying for their own meals.

Holiday Party: Thanksgiving Potluck Celebration

Friday, November 21st, 1:00 – 2:00pm, Teen Center

Join us for a warm and festive Thanksgiving gathering with friends! Bring your favorite side dish or dessert to share as we come together for good food, laughter, and gratitude. We'll enjoy a delicious meal, fun conversation, and the spirit of the season, because Thanksgiving is always better when shared with great company! **Reserve your spot in the app. Food sign-up sheet**

by scan-in box.

Arts & Crafts: Thanksgiving Craft

Tuesday, November 25th, 11:30am – 12:15pm, Teen Center

Join us for a fun Thanksgiving craft where we'll create festive decorations to celebrate the season of gratitude! All materials will be provided, just bring your creativity and holiday spirit.