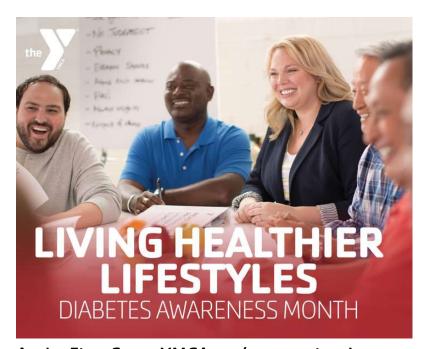


# INTOTION

# 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!

<a href="https://fcymca.org/programs/healthy-living/diabetes-prevention/">https://fcymca.org/programs/healthy-living/diabetes-prevention/</a>
<a href="https://fcymca.org/diabetes-self-management-and-education/">https://fcymca.org/diabetes-self-management-and-education/</a>

# 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! <a href="https://fcymca.org/programs/healthy-living/nutrition/">https://fcymca.org/programs/healthy-living/nutrition/</a>

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 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> and 29<sup>th</sup>, 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 18<sup>th</sup>, 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.