



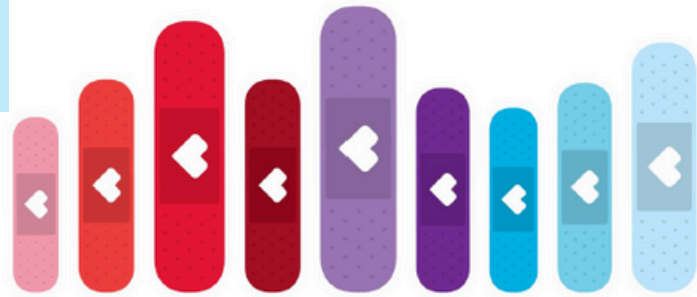
INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | December 2025



Get a
FREE flu shot
with most insurance*



Are you and your family up to date on your vaccinations?

As we age, our immune system changes. That means we're more vulnerable to illnesses that vaccines can prevent.

Staying up-to-date on adult vaccines isn't just about avoiding illness. It's about remaining independent, active, and engaged in life.

A certified immunizer will be on-site.



Scan to register for your
flu shot appointment.

Date Wed, December 3rd Hours 10:00am-1:00pm

Location Brooks Family YMCA - Lobby

Available vaccine(s)

COVID-19, Influenza, Human Papillomavirus (HPV), Hepatitis B, Pneumonia, RSV (Respiratory Syncytial Virus), Shingles, Tdap/Whooping Cough

*Select vaccines are no cost with most insurance. Eligibility varies by patient and insurance plan. Eligible patients will not pay any copayments unless otherwise required by their plan, including Medicare Part B. Visit CVS.com/Vaccines for details.

B2B_VAX_QR_RQ25



With the holidays fast approaching, it's easy for health goals to get sidelined. But now's a great time to lean into them, and we've got two programs at the YMCA that can help you stay on track (or get started):

Diabetes Self-Management Program — Learn life-changing skills to manage your blood sugar, improve your A1C, and build healthy habits. Our Diabetes educators will guide you through nutrition, monitoring, coping strategies.

12-Week YMCA Weight Loss Program — Gather weekly with others, set realistic goals, and make small, sustainable changes to your daily routine. We cover nutrition, movement, stress-management, sleep, and goal-setting.

Ready to get started? Reach out to myhealth@fcymca.org today to get started!



IT'S NEVER TOO LATE TO FEEL GREAT.

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | DECEMBER 2025

DECEMBER 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 fcmymca.org.**

Crochet 'n Craft Crew

ON HOLD for the month of December, but don't worry! It will return in January, revamped. (Hint: quarterly projects!)

Bible Study

Every Friday, 11:45am - 12:45pm, Studio D

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. All denominations are welcome.

Vaccine Clinic

Wednesday, December 3, 10:00am - 1:00pm, Lobby

Lunch Bunch (first of two this month)

Monday, December 8th, 12:30 - 2:00pm, Meet at Celeno's Bistro, 3820 Southside Blvd.

Participants will be responsible for paying for their own meal.

Bocce Ball

Wednesday, December 10th, 11:45am - 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

Coffee and Conversation

Wednesday, December 17th, 11:30am - 12:30pm, Lobby

Coffee and socializing! Our goal is to help foster new friendships and connections.

New Member Orientation for Seniors

Wednesday, December 17th, 2:15 - 3:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

Book Club: Books@Brooks

Thursday, December 18th, 12:00 - 2:00pm, Culhane's Irish Pub, Tinseltown

We welcome all current and future Book Club members to come to the annual lunch to choose the 2026 Reading List! Please reserve your spot in the App by the 15th so we can make a reservation.

BINGO!

Friday, December 19th, 12:00 - 12:30pm, Conference Room

Volunteer Meeting

Thursday, December 19th, 2:15 - 3:15pm, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

Lunch Bunch (second of two this month)

Monday, December 22nd, 12:30 - 2:00pm, Meet at Fogo de Chao, Town Center

Market Table & Salad Bar, \$18. Meat additions are available for an upcharge.

Participants will be responsible for paying for their own meal.

New Year's Eve Potluck!

Wednesday, December 31st, 11:15am - 12:45pm, Conference Room

Say goodbye to 2025! Bring your delicious dishes to share! Paper products will be provided. Please indicate what you will bring; the information sheet will be upstairs on Sheri's office door.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a prize: The Senior of the Month Parking Spot! **Pick up your card at the Welcome Center today!**

PLEASE remember to swipe your membership card or scan in at the front desk **EVERY** day that you visit!
We depend on you!

Have suggestions, inspiration, or feedback?

Reach out to Sheri Nash, our Brooks Family YMCA Healthy Aging Coordinator!
Email: snash@fcmymca.org