



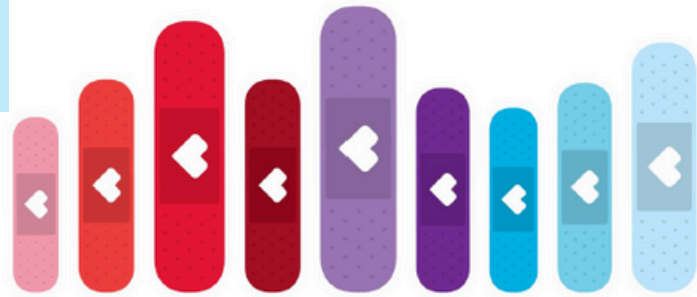
INMOTION

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.

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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.

BROWN FAMILY YMCA | 170 LANDRUM LANE | 904.543.9622 | DECEMBER 2025

DECEMBER EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).

Reservations can be made in our FCYMCA app
(select Classes and filter by Healthy Aging class type)
or online at fcymca.org.

WALKING CLUB

Every Monday, 8:30 – 9:30am, YMCA Front Entrance

Led by Sarah Ritchie, this gentle walk invites you to unwind, observe, and enjoy the peaceful rhythm of the outdoors in the company of friends. **(Registration Class Name – Healthy Aging Walking Club)**

TECH 101: TECH HELP WITH DAVID

Wednesday, December 3rd, 10:30am - 12:00pm, in the Lobby

Need help with your devices? Bring your smartphone, Laptops, E-reader and your tech questions. David will be on hand to help with your technology needs. **(Registration Class Name – Healthy Aging Tech 101)**

MAH JONG

ALL-LEVEL MAHJONG (NO instructors present)

Wednesday December 3rd, 10th and 17th, 12:30 - 2:30pm, Healthy Living Center

Come join us every Wednesday for Mahjong! Whether you're a seasoned player or just starting out, everyone is welcome. **(Registration Class Name – Healthy Aging All Lvl Mahjong)**

LEARN TO PLAY MAHJONG (Instructors present)

Wednesdays, December 10th, 12:30 – 2:30pm, Healthy Living Center

If you're new to the game, come by on one of these days to learn from experienced instructors...then stay to play and practice your new skills. **(Registration Class Name – Healthy Aging Mahjong 101)**

CANASTA

Fridays, December 5th and December 19th, 12:45 - 2:45pm, Healthy Living Center

Come join us for Canasta. Whether you're a seasoned player, just starting out or want to learn to play, everyone is welcome. **(Registration Class Name – Healthy Aging Canasta)**

DOMINOES: MEXICAN TRAIN

Friday, December 12th, 1:00pm-3:00pm, Healthy Living Center

Join us for a fun-filled afternoon of learning how to play Mexican Train Dominoes. Our fellow members will guide you through the game. Come for fun and enjoy time with friends.

(Registration Class Name – Healthy Aging Dominoes)

HOLIDAY PARTY with BINGO, LUNCH, & UGLY SWEATER CONTEST

Thursday, December 18th 12:30 am - 3:00pm, KidZone

It's the most wonderful time of the year for a Holiday Party! Break out your ugliest holiday sweater and get ready for laughs, Bingo, and a festive feast! Bring a side or dessert to share and your holiday cheer!

(Registration Class Name – Healthy Aging Holiday Party)