



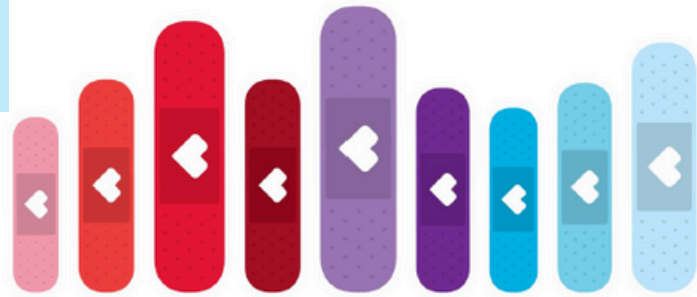
INMOTION

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*



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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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 fcymca.org.

Bible Study

Every Friday, 12:30 - 1:30pm, Community Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Coffee & Convo

Tuesday, December 2nd, 8:00 – 10:00am, Lobby

Enjoy a great cup of coffee, light snack and good conversation with our AOA coordinator, Alethea.

Mandarin Library Digital Knowledge

Tuesday December 2nd, 11:00am - 12:00pm, Community Center

Join us for an education learning experience on how to download digital library books, ask questions and sign up for a library card!

Urban Soul Line Dancing

Friday, December 5th, 6:00 – 7:30pm, Studio A

Join in the fun and bring a friend for some line dancing fun!

Music & Memories

Tuesday, December 9th, 3:00 – 4:30pm, Healthy Living Center

Join us for a trip down memory lane! Listen to music that shaped our lives and journal special memories!

Arts and Crafts

Thursday, December 11th, 3:00 – 4:30pm, Community Center

Enjoy making a beautiful Christmas Craft with your Y friends!

Holiday Potluck

Friday, December 12th, 11:30am - 1:00pm, Gymnasium

Join your Y friends to celebrate the holiday season. Bring your favorite dish to share! (Meat will be catered.)

Lunch and Learn, sponsored by Conviva

Wednesday, December 17th, 12:00 – 1:00pm, Healthy Living Center

Join Conviva staff on how to Partner with you Doc on various topics, and enjoy a great lunch!

Book Club

Thursday, December 18th, 1:15 - 2:15pm, Community Center

Join us for a peer led, healthy literary discussion. We are currently reading "Best Families" by Rex Stout.

Crochet Club

Thursday, December 18th, 3:00 – 4:30pm, Community Center

Create crochet nursery items for the Ronald McDonald House.

Party and Play: BINGO & Birthdays!

Monday, December 22nd, 3:15 – 5:00pm, Community Center

Fun, prizes, and more!!! If you are celebrating a birthday in December, stop by BINGO and enjoy a sweet treat with your AOA friends and family. ****Wear your ugly Christmas sweater!!****

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center, each time you visit the Y, get it punched at the Welcome Center.

**More visits=
More chances to WIN!**

PICKLE BALL

Pickle Ball Play

Mondays / Wednesdays, 2:00 – 4:30pm
Tuesdays / Thursdays / Fridays, 1:00 – 4:00pm
Thursdays, 8:00 - 10:30am
Sundays, 10:00am – 12:00pm

Beginner Instruction

Fridays, 11:00am – 12:00pm
Beginner Play Fridays, 12:00 – 1:00pm

MEMBER ALERT!!

From Monday, December 15th through Thursday, December 25th, the Gymnasium and Studios A and B will be closed down for floor refinishing. Please check the app for updates on reopening!