



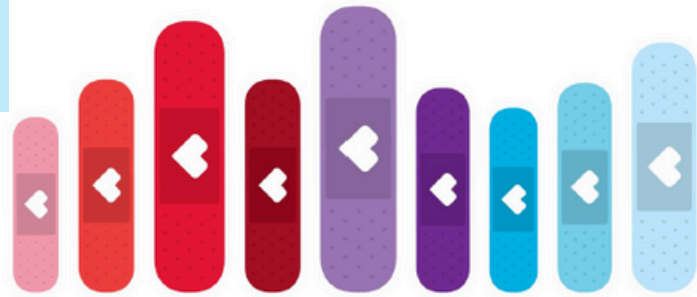
INMOTION

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.

YMCA AT BAPTIST NORTH | 11236 BAPTIST HEALTH DRIVE | 904.592.9622 | DECEMBER 2025

DECEMBER EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).
Reservations can be made in our app and online at fcymca.org.

LUNCH BUNCH: HOLIDAY LUNCH

Wednesday, December 3rd, 1:00 - 3:00pm

The Olive Garden in River City (13040 City Station Drive)

Join us for a holiday lunch as we celebrate the season. Gift Exchange is optional; bring a \$10 gift to participate. (If you bring a gift, you will receive a gift)

Participants will be responsible for paying for their own meals.

BIBLE STUDY

Wednesday, December 3rd, 12:30 - 1:30pm, Studio B

Come be inspired as we study the Bible. All denominations welcome.

TECH 101

Thursday, December 4th, 10:00 - 10:45am, Wellness Center

Come get answers to any questions you may have about the Y App!

PARTY AND PLAY: BINGO AND BIRTHDAYS

Wednesday, December 10th, 12:30 - 2:00pm, Studio B

Join us for an afternoon shouting- Bingo! At the same time, lets celebrate December birthdays!

BOWLING

Wednesday, December 17th, 12:00 - 1:30pm

Batt Family Fun Center (1838 Cassat Ave)

Get out and knock over some pins. You get shoes, hotdog, fries, and soda for \$12.99.

Registration is required. Payment can be made directly at the Fun Center.

QUILTING AND SEWING

Monday, December 22nd, 12:30 - 2:30pm, Kidzone

Come with questions about quilting and sewing, and be ready for a fun time!

WALKING CLUB

Saturday, December 27th, 9:00 - 10:00am, Healthy Living Trail

Come out and enjoy a nice brisk walk on our trail with your Y friends.

ARTS & CRAFTS: VISION BOARD PARTY

Tuesday, December 30th, 12:45 - 2:30pm, Studio B

As the new year approaches, let's bring our goals to life! Bring a snack to share. Boards, scissors, glue, and magazines provided.