



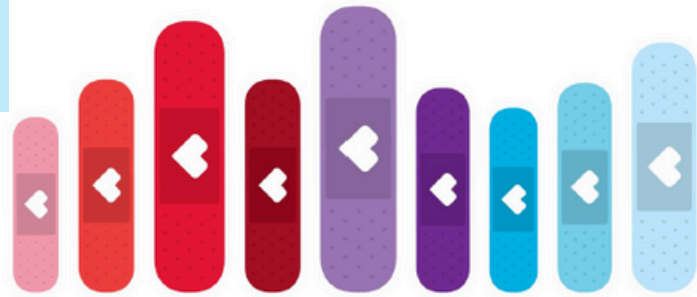
INMOTION

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 FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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.

Mahjong Mondays

Every Monday, 12:30 - 3:00pm, Multi-Purpose Room

Calling Mahjong players! Whether you are a seasoned player or want to learn the game, this is for you.

Bible Study at the Y!

Wednesdays, December 3rd & 17th, 1:30 - 3:00pm, Multi-Purpose Room

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All denominations are welcome. Currently studying the book of ACTS.

BINGO!

Wednesday, December 10th, 1:00 - 2:00pm, Multi-Purpose Room

Join as you yell your favorite word... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh!

Holiday Party!

Friday December 12th, 12:30 - 1:30pm, Multi-Purpose Room

Enjoy the holidays with a friends, games, and food! We will have many games out, including Mahjong, Rummikub, and more. Light snacks will be provided. Spread some cheer and enjoy a fun time.

TECH 101: Click with Confidence

Tuesday December 16th, 1:00 - 2:00pm, Multi-Purpose Room

Do you have questions regarding your phone? What is ChatGPT and AI? How do I send a picture to my family? How do I download an app? Join this group and cover all these topics and more. Lisa will facilitate questions and answers during this time.

Lunch Bunch: Mellow Mushroom

Friday, December 19th, 12:30 - 2:00pm, meet at Mellow Mushroom (5330 FL-16)

Join us for food and friendship at Mellow Mushroom! Please make sure to reserve your spot in the app! ***Members will be responsible for paying for their own meals.***