



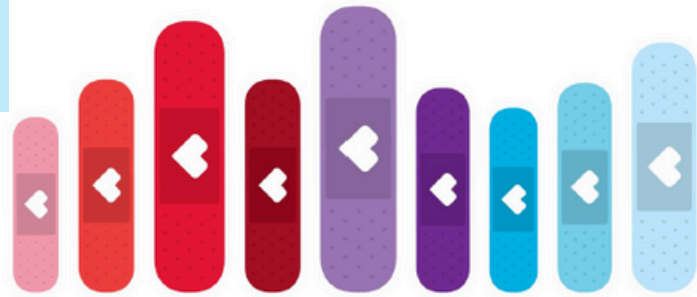
INMOTION

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 NOCATEE | 400 Colonnade Drive | 904-671-9622 | **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.

Email Libby at eblumberg@fcymca.org for questions or suggestions.

Mahjong Meetup

Every Friday, 2:00 - 5:00pm, Multipurpose Room

Join fellow members for a game that sharpens the mind and brings friends together.

Mindful Meditation

Thursday, December 4th, 2:15 - 2:45pm, Studio A

Join Jill for a relaxing and rejuvenating meditation.

Lunch Bunch

Monday, December 8th, 1:30 - 2:45pm, Cantina Louie (10870 US 1 North)

Meet us at Cantina Louie for a fun lunch with Y friends! ***Participants will be responsible for paying for their own meals.***

Arts and Crafts

Thursday, December 11th, 2:00 - 3:00pm, Multipurpose Room

Join Libby to make festive 3D Christmas cards!

Day Trip: The Florida Ballet's 'The Nutcracker'

Sunday, December 14th, 2:00 - 4:00pm

Thrasher Horne Center (283 College Drive in Orange Park)

Join fellow members for a magical Christmas ballet! ***If interested, sign up in the app or online by December 3rd to receive an email with further details.**

Book Club

Tuesday, December 16th, 3:30 - 4:30pm, Multipurpose Room

Join fellow book lovers for a meaningful discussion of this month's book, Grandma Gatewood's Walk by Ben Montgomery

Social: Chanukah Celebration, Nocatee Station Field

Tuesday, December 16th, 6:15 - 8:15pm

Join fellow members for a Chanukah light show, gelt drop, menorah lighting, and more!

Coffee and Convo

Wednesday, December 17th, 9:30 - 10:30am, Seasons Café at the YMCA

Enjoy lively conversation over coffee while making new friends! ***Participants will be responsible for paying for their own coffee and/or food items.***