



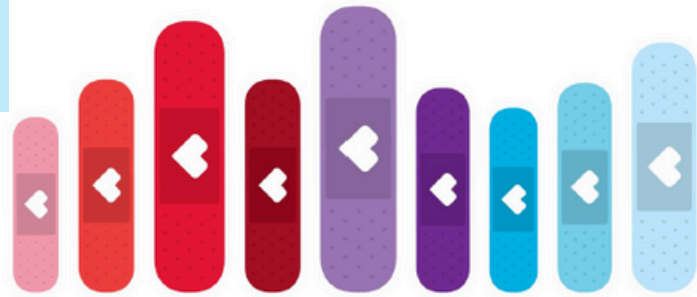
INMOTION

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.

YMCA AT WILDLIGHT | 251 Breezeway Street, Suite 120 | 904-849-9622 | **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.

Walking Club

Saturdays, December 6th, 13th, 20th and 27th, 9:00 – 10:00am, Upstairs Walking Track

Come with your walking shoes on as you join Mrs. Evelyn for some walking and talking

BINGO!

Thursdays, December 4th, 12:00 – 1:00pm, Teen Center

Who doesn't love the classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **Please feel free to bring yourself some lunch or a snack to enjoy while playing.**

Lunch and Learn with Conviva Care Solutions

Tuesday, December 9th, 12:00 – 1:00pm, Healthy Living Center

Join us as our partners at Conviva present on healthful aging. Topic TBD. **Lunch provided to all registrants.**

Tech 101

Monday, December 15th, 11:45am – 12:30pm, Teen Center

Technology can be a bit difficult and so much is changing rapidly, so bring your phone, laptop or tablet in and we will help you step by step through issues you may be having.

Holiday Party: Christmas Potluck Celebration

Tuesday, December 16th, 1:00 – 2:00pm, Teen Center

Join us for a joyful Christmas potluck celebration! Bring your favorite dish to share and enjoy a warm afternoon filled with holiday cheer, laughter, and friendship. We'll also be playing **Secret Santa**, so bring a small wrapped gift (\$5-\$10) to join in the fun and spread a little extra holiday magic. Let's celebrate the season together!

Sign-up sheet by scan in box.

Lunch Bunch

Wednesday, December 17th, 12:15 – 2:00pm, Bohemian Bull

Join us at Bohemian Bull for some delicious half-priced Burger's and great convo. PLEASE be sure to reserve your spot in the app by Tuesday December 16th, so I can call to get reservation! ***Participants will be responsible for paying for their own meals.***

Game Day

Thursday, December 18th, 12:15 – 1:00pm, Teen Center

Come dressed in your comfy Christmas PJs and join us for coffee and cocoa as we enjoy a fun-filled afternoon of games! Play a few rounds of UNO, Connect Four, I Declare War, and more. Laughter, friends, and holiday cheer guaranteed!

Arts & Crafts: New Year's Craft

Tuesday, December 30th, 11:30am – 12:15pm, Teen Center

Celebrate the New Year with creativity and joy! Join us for a fun crafting session where you can make festive New Year-themed decorations and keepsakes to ring in the year ahead. Enjoy good company and a relaxing time as we welcome new beginnings together. All supplies will be provided!