the Y IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | November 2026



November is National Diabetes Month, a great time to learn about your risk for type 2 diabetes and discover how everyday habits can support your long-term health. Balanced meals, regular physical activity, a healthy weight, and regular health screenings can all help prevent diabetes.

The YMCA offers a Diabetes Prevention Program designed to help adults make realistic, lasting lifestyle changes with support from a group and a trained lifestyle coach. You don't have to change everything at once; small steps can lead to meaningful progress!

Did you know

The Y offers nutrition services to help you feel your best. Whether you're looking to improve your eating habits, manage a chronic condition, or simply learn more about balanced nutrition, support is available to help you reach your goals.
Individual Consultations starting at $66!

Reach out to knapoleon@fcymca.org or myhealth@fcymca.org for more information

Healthy Eating This Thanksgiving

Thanksgiving is all about enjoying good food and time with loved ones! Healthy eating doesn't mean giving up your favorite holiday dishes. Try these simple tips to feel your best:

- Add color: Include fruits and vegetables on your plate.
- Savor your favorites: Enjoy the foods you love without guilt.
- Stay hydrated: Choose water throughout the day.
- Practice balance: Start with comfortable portions and listen to your hunger cues.
- Keep moving: Take a relaxing walk with family or friends after your meal.

Remember, balance is key to a healthy lifestyle. Enjoy the holiday and make room for the traditions you love!

Reach out to myhealth@fcymca.org or visit the front desk for more information!



BARCO NEWTON FAMILY YMCA
2075 Town Center Blvd.
904.278.9622

NOVEMBER 2026
Events and Activities

cjenkins@fcymca.org

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

Celebrate Healthy Aging Day at the Y, Oct 17th 9am-11:30am!
Register in the APP

Senior Chair Volleyball Every

Wednesday 12:30 – 1:30 pm (Gymnasium)

Join Cholita on Wednesdays along with your Y friends for a great workout while being competitive and having fun!

The Patriotic Puzzle Lounge & Coffee

Wednesday, November 11th, 11:15 – 12:15 pm (Common area)

Celebrate Veterans Day with Patriotic trivia, word searches, crosswords, and brain teasers! Stop by, challenge your mind, and have fun honoring our nation's history and those who served.

Coffee and Convo Fridays:

November 6th and 20th, 10:30-12:00 pm (Common Area)

Come for coffee and fellowship! Book Club will join on the 20th; Bring a sweet treat to share; optional! 😊

Friendsgiving Potluck

Thursday, November 19, 12:00 - 1:00 pm (Family Activity Center)

Celebrate the season with your Y friends! Bring a favorite dish to share and enjoy good food, gratitude, and great company.

WALK OF HONOR: VETERANS DAY CHALLENGE

Wednesday, November 11th, 9 a.m.- 8 p.m. (Gymnasium/Wellness Floor)

Join us on November 11 as we honor the brave men and women who have served our country! Let's come together as a YMCA community to reach our goal of **11 combined miles or 111 total laps!**

🇺🇸 **Why 11 miles or 111 laps?** November 11 is Veterans Day, a day dedicated to honoring those who have served in the U.S. Armed Forces. Our goals are inspired by the significance of 11/11, giving every step a special purpose as we show our gratitude and support for our veterans.

How to Participate: Stop by the Walk of Honor station to join the challenge (Front Desk). Walk at your own pace around the gymnasium or record your distance on a treadmill. Track your laps or miles and contribute toward our shared community goal. Walk as much or as little as you're comfortable with. Every lap and every mile counts as we work together to honor those who served.

One community. One goal. One heartfelt thank-you to our veterans.