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!



BROOKS FAMILY YMCA
10423 Centurion Parkway N.
904.854.2000

November 2026 Events and Activities

bgaultney@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.

BIBLE STUDY

Every Friday, 12:00-1:00 pm, Studio D

All denominations are welcome. Weekly reading of devotionals and related scripture.

LUNCH BUNCH

Monday, November 2nd, 12:30 - 2:00 pm, Salsas (8738 Baymeadows Rd. E., Jacksonville, FL 32216)

Join us for food, fellowship, and FUN! Participants will be responsible for their meal.

GAMES AND GAB – Mexican Train

Tuesday, November 10 and November 24th 11:30 am - 12:30 pm, Studio D

This month we'll be featuring Mexican Train! Combine strategy and luck as you build a domino train and enjoy friends. A favorite for players of all skill levels!. Other games will be available, but we are featuring a new game each month.

AMERICAN MAHJONG

Tuesdays, November 3rd & 17th, 11:30 am – 12:30 pm, Studio D
Wednesdays, November 11th & 25th, 10:00 – 11:00 am, Studio D

Mahjong is a fun and social tile game that combines strategy, skill, and a little luck. Players work to complete specific tile combinations using the official cards…a great way to challenge your mind while socializing!

VOLUNTEER MEETING

Thursday, November 12th, 10:00 - 11:00 am, Studio D

Volunteering at the Y is a meaningful way to give back and make a real difference in your community. Learn about all the wonderful opportunities to lend your time and talent to the Brooks Y!

BOCCE BALL

Wednesday, November 18th, 11:45 am - 12:45 pm, Studio B

Indoor Bocce Ball is a fun, low-impact game that's easy to learn and enjoyable for all skill levels. Players take turns rolling bocce balls to get as close as possible to the target ball, making it a great way to stay active, socialize, and enjoy some friendly competition. The game can be played standing or seated.

NEW MEMBER ORIENTATION

Wednesday, November 18th, 1:15 – 2:15 pm, Studio D

Make the most of your YMCA membership! Join us to learn about all the benefits available to you, including Y Rewards, group fitness classes, complimentary Fast Forward Fitness personal training sessions, and more. It's the perfect way to get connected and start reaching your wellness goals!

SPECIAL EVENT: Thanksgiving Pizza Party

Monday, November 16th, 12:30 pm - 2 pm, Conf Room

Celebrate Thanksgiving with your YMCA friends! Join us for an afternoon of great food, laughter, and fellowship as we enjoy one last summer gathering. Please RSVP on the app so we have a headcount. Thanks!

BINGO!

Friday, November 19th, 12:00 – 12:30 pm, Conf Room

Bingo is a fun, social game that's easy to learn and enjoyable for all ages. Players match numbers, and the excitement builds as they get closer to calling "Bingo!" Small prizes are awarded to the winners.

BOOKS@BROOKS BOOK CLUB: A Land Remembered by Patrick D. Smith

Thursday, November 19th, 2:15 - 3:15 pm, Studio D

A Floridian pioneer family endures hardship in an unfamiliar place to find wealth at the end of the journey. Reading the book is encouraged, but not required. 2026 Book List available upon request.