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!



BROWN FAMILY YMCA
170 Landrum Lane
904.543.9622

NOVEMBER 2026
Events and Activities

dthoresen@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.

WOMEN'S BIBLE STUDY

Every Wednesday EXCEPT the 25th, 9:15 - 10:15 am, Horschel Center for Health & Wellbeing.
Come connect, learn, and be encouraged at our Ladies Bible Study. We'd love to have you join us! (Registration Class Name - Healthy Aging Bible Study**)

CANASTA

Every Friday EXCEPT the 27th, 12:45 - 2:45 pm, Horschel Center for Health & Wellbeing
Come join us for Canasta. Whether you're a seasoned player, just starting, or want to learn to play, everyone is welcome. (Registration Class Name – Healthy Aging Canasta)

50 & BETTER PAINTING

Thursday, November 5th, 11:00 am- 1:30 pm, Horschel Center for Health & Wellbeing.
Join us for an afternoon of painting fun. We will provide snacks and the supplies you need, along with step-by-step instructions. Cost: $25/member OR $35/non-member. *Registration and payment can be made at the Welcome Center.*

GAME DAY: LEARN TO PLAY MONOPOLY DEAL

Every 2nd Thursday, November 12th, 12:45 pm - 2:45 pm, Horschel Center for Health & Wellbeing
Come play or learn to play Monopoly Deal! Enjoy laughs, friendly competition, and great company! (Registration Class Name – Healthy Aging Game Day)

TECH 101: TECH HELP WITH DAVID

Thursday, November 19th, 10:30 am - 12:00 pm, Teen Center
Need help with your devices? Bring your smartphone, Laptops, e-reader, and your tech questions. David will be on hand to help with your technological needs. (Registration Class Name – Healthy Aging Tech 101)

BOOK CLUB

Thursday, November 19th, 11:30 am – 12:30 pm, Horschel Center for Health & Wellbeing
Join us for a lively discussion of the Book, "Balzac and the Little Chinese Seamstress by Sijie Dai"; we'd love for you to join us. (Registration Class Name – Healthy Aging Book Club)

LUNCH BUNCH

Thursday, November 19th, 1:00 – 2:30 pm
Meet at Ponte Vedra Outside Bar & Grill, 377 S Roscoe Blvd, PVB, to enjoy a yummy lunch together while socializing with friends or maybe even making a few new ones. Participants are responsible for paying for their own meals. (Registration Class Name – Healthy Aging Lunch Bunch)

MAH JONG EVENTS:

ALL-LEVEL NATIONAL MAH JONG (NO instructors present except on Mah Jong 101 dates)

Every Wednesday EXCEPT the 25th, 12:30 - 2:30 pm, Horschel Center for Health & Wellbeing
Come join us every Wednesday for Mahjong, whether you're a seasoned player or a beginner. (Registration Class Name – Healthy Aging All Lvl Mahjong)

MAH JONG 101: LEARN TO PLAY NATIONAL MAH JONG (INSTRUCTOR PRESENT)

Wednesdays, November 4th and 18th, 12:30 – 2:30 pm, Horschel Center for Health & Wellbeing
If you're new to the game, come by on one of these days to learn from an experienced instructor…then stay to play and practice your new skills. (Registration Class Name – Healthy Aging Mahjong 101)

CHINESE MAH JONG

Friday, November 6th & 20th, 11:00 am-12:30 pm, Horschel Center for Health & Wellbeing
Join us for a different version of Mah Jong that is easier to play and learn. (Registration Class Name – Healthy Aging Mah Jong)