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!



DYE CLAY FAMILY YMCA
3322 Moody Ave.,
904.272.4304

NOVEMBER 2026
Events and Activities

ksutton@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.

COFFEE AND CONVO
Monday, November 2nd, 9:30 – 10:30 am, Lobby
Join Kimberly for Coffee & Conversation! Enjoy a cup of coffee, connect with friends, and learn about upcoming Healthy Aging events, classes, and activities.

ARTS AND CRAFTS: Ornament Making – Youth Center
Thursday, November 5th, 12:30 - 2:30 pm, Youth Center
Join us for a fun and festive ornament-making activity! Help us create beautiful, handmade ornaments to decorate our YMCA tree for the Parade of Trees at Spring Park in Green Cove Springs. Let's spread some holiday cheer and make our tree extra special! **15 spots available…be sure to make your reservation!**

ARTS AND CRAFTS: Paint with Jackie
Friday, November 6th, 12:30 - 2:30 pm, Youth Center
Join us for Paint with Jackie as we create a beautiful fall pumpkin painting on canvas! Enjoy a fun, relaxing time filled with creativity, laughter, and great company. No painting experience necessary!
12 spots available…be sure to make your reservation!

GAME DAY: Nickel Bingo
Thursday, November 12th, 12:30 - 1:30 pm, Youth Center
Join us for Nickel Bingo! Enjoy a fun-filled time of friendly competition, laughter, and great company. No experience necessary! **15 spots available…be sure to make your reservation!**

ARTS AND CRAFTS: Ornament Making – Youth Center
Friday, November 13th, 12:30 - 2:30 pm, Youth Center
Join us for a fun and festive ornament-making activity! Help us create beautiful, handmade ornaments to decorate our YMCA tree for the Parade of Trees at Spring Park in Green Cove Springs. Let's spread some holiday cheer and make our tree extra special! **12 spots available…be sure to make your reservation!**

SENIOR CHAIR VOLLEYBALL
Tuesday, November 17th, 12:45 - 1:45 pm, GYM
Join us for Senior Chair Volleyball, a fun and engaging game that's easy on the joints and great for staying active! Improve coordination, mobility, and teamwork while enjoying friendly competition and lots of laughs. 20spots available…be sure to make your reservation!

ARTS AND CRAFTS: Origami with Cheryl
Wednesday, November 18th, 12:30 - 2:30 pm, Youth Center
Join us for Holiday Origami with Cheryl! Get creative making festive paper creations while enjoying great company. No experience necessary!**15spots available…be sure to make your reservation!**

POTLUCK: Thanksgiving Celebration
Friday, November 20th, 12:30 - 2:30 pm, Youth Center
Join us for a Thanksgiving Potluck Celebration! Bring a favorite dish to share as we gather for delicious food, laughter, friendship, and a time of gratitude. Let's celebrate the season of thankfulness together!

PARTY AND PLAY: Bingo and Birthdays
Monday, November 23rd, 12:30 - 1:30 pm, Youth Center
Fun, prizes, and more!!! If you are celebrating a birthday in November, stop by BINGO and enjoy a sweet treat with your friends and family.

Bible Study: with Charles
Tuesday, November 24th, 12:30 - 1:30pm, Youth Center
Join us for a special Thanksgiving-themed Bible Study with Charles! Together we'll reflect on God's blessing, the power of gratitude, and the importance of giving thanks in every season of life.

FIELD TRIP: Decorating Our YMCA Tree – Parade of Trees #12
Monday, November 30th, 12:00 pm - 3:00 pm
Spring Park (229 Walnut Street, Green Cove Springs, FL 32043 - Tree Location: #12 Off Magnolia Avenue)
Join us as we spread holiday cheer by decorating our YMCA Christmas tree for the Parade of Trees! Come help make Tree #12 extra special with our handmade ornaments and festive decorations. Let's make wonderful memories together!