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!



JOHNSON FAMILY YMCA
5700 Cleveland Road
904.765.3589

NOVEMBER 2026
Events and Activities

fmcglown@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.

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, November 2, 9:30 – 10:30 am, Pre-Teen Center

All are welcome to attend.

BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays, November 4,11, 18, and 25, 10:00 – 11:00 am, Pre-Teen Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, November 4,11, 18, and 25, 1:00 – 2:00 pm, Front Lawn

Come learn about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener.

FOOD PANTRY WEDNESDAYS & FRIDAYS at Johnson Family YMCA

Wednesdays, 3:00 – 5:00 pm AND Fridays, 12:00 – 2:00 pm

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. While supplies last. Valid ID needed for first visit. **No Food Pantry on November 27**.

CROCHET CLASS WITH MR. KING

Monday, November 9 and 16, 10:00 – 11:30 am, Pre-Teen Center

Whether you are just starting out crocheting or you have been crocheting for years, this crochet class is for you.

DEAL ME IN! CARD GAME CLUB

Tuesday, November 10 and 24, 11:30 am – 12:30 pm, Pre-Teen Center

Come together to play, trade, and explore various card games, like Bid Whist, Spades, and Down & Dirty, honing in on strategies and skills with new friends.

OLDIES BUT GOODIES BINGO

Thursday, November 19, 11:00 am – 12:30 pm, Pre-Teen Center

Join us for an interactive game and throwback party where traditional bingo numbers are replaced with popular oldies-but-goodies song titles from the 50s, 60s, 70s & 80s. All are welcome to attend.

BOOK CLUB: THE FOUR AGREEMENTS

Friday, November 20, 10:00 – 11:00 am, Pre-Teen Center

The book club is back! We're kicking it off with "The Four Agreements" (1997), written by Don Miguel Ruiz. The book highlights ancient wisdom to help readers break self-limiting beliefs and find happiness. Free copies of the book are limited to the first 20 participants.

NOVEMBER MEMBER APPRECIATION: FRIENDSGIVING POTLUCK

Monday, November 23, 12:00 – 2:00 pm, Teen Center

Sweat First, Feast Second: The Ultimate YMCA Friendsgiving at the Johnson Family YMCA! Bring a side dish, homemade baked good, or entre to share. Sign up at the welcome desk. Please be sure to reserve your spot.

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, November 30, 11:00 am – 12:30 pm, Pre-Teen Center

Introducing "Conversations with Saundra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.