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!



MCARTHUR FAMILY YMCA
1915 Cirtona Drive
904.261.1080

NOVEMBER 2026
Events and Activities

cbutler@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.

Crafts: Front Porch Beads

Thursday, November 5th, 9:00- 10:15 am, Studio B

Make a bracelet for yourself or to give to a friend. Learn what Front Porch Beads does for our community. Registration requested. (10 available)

Learn about Right Whales

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

Meet with Right Whale Ambassadors and learn about this fascinating creature that visits our area annually.

Walking Group

Friday, November 6th, 13th, and 27th, 9:00 am - 11:00 am, Meet on the Porch

Spend 30 to 45 minutes walking in Amelia Park. Please register so that we can communicate any changes. (15 available)

Arts: Introduction to Watercolor

Tuesday, November 10th and Wednesday November 11th, 10:00 -11:15 am, Studio B

Paint a koi fish using liquid watercolors. Supplies provided. Two sessions are offered to accommodate more painters. Please sign up for only one. Registration required (10).

Tech 201: All Things FCYMCA

Tuesday, November 17th, 10:30 – 11:30 am, Lobby

We'll explore the FCYMCA app and website and answer some basic questions about managing passwords and your phone and tablet display. Please register so we can confirm attendees. Registration Required (5).

Walk the Lighthouse Neighborhood

Monday. November 23rd, 9:00am – 10:am, Egans Creek Playground, 2201 Atlantic Ave

Enjoy strolling the undulating hills near the lighthouse. Stop for a view of the marsh at Sunrise Park. Please register so we can communicate any changes. Registration required (12)

Arts: Paint a Polar Bear with Oil Pastels

Wednesday, November 18th, 10:30 – 11:30 am, Studio B

Try your hand with oil pastels, a fun and easy medium. Let's paint a polar bear. Registration required (8)

Volunteer for Empty Bowls Luncheon setup

Tuesday, November 24, 9:00 am – 1:00 pm, Ritz-Carlton

Volunteer as a group to set up tables, chairs, and food for the Empty Bowls luncheon. Proceeds benefit the local food bank. Please register so we can communicate details. Registration required (10)