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!



WILLIAMS FAMILY YMCA
10415 San Jose Blvd.
904.292.1660

NOVEMBER 2026
Events and Activities

mmiles@fcymca.org

Events are offered at no or low cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app or online at fcymca.org.

BIBLE STUDIES-Open to all denominations
Every Friday, 12:30 - 1:30 PM, Community Center
Ladies Only, Tuesdays, 6:30-8:00 PM, Community Center

URBAN SOUL LINE DANCING
Friday, November 6th, 6:00 - 7:30 PM, Studio A
Join in the fun and bring a friend for a groovin good time line dancing!! Learn new dances & enjoy an evening with friends. This month we are saluting our Veterans and Active Military family, so wear your camo gear.

GAME DAY
Tuesday, November 10th, 2:45 - 4:00 PM, Community Center
We are playing HITSTER! It's a fun music-based game where you don't have to know song titles to win!

TECH 101
Saturday, November 14th, 11:00 AM – 12:30 PM, Healthy Living Center
Learn to use your smartphone safely. Cybersecurity, QR codes, "wallet" usage, & more. Registration Required

Josh Watkins Tennis Tournament and Fundraiser
November 12-15, Help raise funds for the Marine Corporal Joshua Watkins Memorial Endowed Scholarship Fund at UNF and the Williams Y Stronger for Our Community Campaign while enjoying some competitive tennis.

ARTS & CRAFTS
Tuesday, November 17th, 2:45– 4:00 PM, Healthy Living Center
Fun and creative gift ideas for the holidays! Come join us as we create something to share or keep!

PARTY AND PLAY BINGO AND BIRTHDAYS!
Thursday, November 19th, 2:45 – 4:30 PM, Community Center
Join us for some music, light snacks, and of course big BINGO FUN! Wear Fall colors and let's make memories!

FRIENDSGIVING POTLUCK
Friday, November 20th, 11:30 AM - 2:30 PM, Gymnasium
Celebrate with your Y community. Bring a dish to share. The Y will provide a ham, turkey, and mac-n-cheese.

PASTA MAKING WORKSHOP ($)
Friday, November 20th, 6:00 - 8:30 PM, Community Center
Pasta Deliziosa! Learn to make pasta for a date night, girls' night out, or just a treat-yourself experience.

CROCHET CLUB
Tuesday, November 24th, 3:00 - 4:30 PM, Community Center
Enjoy community and learn crocheting. We create keepsakes and donate to other nonprofit organizations.

TOASTMASTER CLUB
Every Monday, 7:30-8:30 AM, Healthy Living Center
Start your week with a group that helps build public speaking, communication, and leadership skills.

Save the Date: Holiday Potluck on Friday 12/11/26

Pickleball Hours	**Monday - Friday**	**1:15 - 4:00pm**
	Friday - Beginner Play & Instruction	**11:30 - 1:00 pm**
	Thursday	**8:00 - 10:30 am**
	Sunday	**10:00 - 12:00 pm**