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!



WINSTON FAMILY YMCA
221 Riverside Avenue
904.355.1436

November 2026 Events and Activities

kplum@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.

Crochet / Knitting Class
Mondays, 1:30 – 3:30 pm, Teaching Kitchen
Bring projects that you are already working on, or learn to knit, crochet, or loom a hat. For those interested,d we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

Party & Play: Birthdays and BINGO
Tuesday, November 3rd, 10:00 am, Teaching Kitchen

Brunch & Learn
Wednesday, November 4th, 10:00 – 11:00 am, Teaching Kitchen
Learn how to break down your credit score & boost your credit with Ted Doss from VyStar.

Bible Study
Friday, November 6th, 10:00 am – 11:00 pm, Teaching Kitchen
Studying from Joyce Meyer's In Search Of Wisdom, Life-Changing Truths From The Book Of Proverbs. Available on Amazon. Reading from Proverbs Chapter 11. All denominations are welcome!

Brunch & Learn: Talk with a Doctor
Tuesday, November 10th, 10:00 – 11:00 am, Teaching Kitchen
Sponsored by Baptist Health: Dr. Garfinkel, MD, Understanding back pain: When to worry and when to seek help

Medicare Workshop with Ed Turner, UnitedHealth
Tuesday, November 10th, 2:00-3:00 pm, Teaching Kitchen

Movie
Friday, November 13th, 2:00 pm –4:00 pm, Motherhood Space
Showing While You Were Sleeping with Sandra Bullock. **Reservations required!**

Tech 101
Tuesday, November 17th, 11:00 am – 12:00 pm, Teaching Kitchen
Learn how to create photo albums on your phone & move your pictures there.

Bowling
Wednesday, November 18th, 12:00 –1:30 pm, Batt Family Fun Center (1838 Cassat Avenue)
Join us for some bowling fun & healthy competition. $15.00 gets 2 full games on private lanes. Lunch & Shoes not included. *Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!*

Friendsgiving
Thursday, November 19th, 11:45 2:00 pmpm, Golden Corral (1201 Memorial Park Rd)
Food, fellowship & fun for an early Thanksgiving! *Participants are responsible for paying for their meals.

Christmas Craft
Friday, November 20th, 10:00 - 11:30 am, Teaching Kitchen

Book Club
Tuesday, November 24th, 10:00 – 11:00 am, Teaching Kitchen
The Book Club for Troublesome Women by Marie Bostwick