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!



YMCA AT BAPTIST NORTH
11236 Baptist Health Dr.
904.592.9622

NOVEMBER 2026
Events and Activities

tcruz@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 CONVERSATION: WHY I'M GRATEFUL

Wednesday, November 4th, 12:30- 2:00 pm, Studio B

A time to reflect on life experiences and share wisdom and experiences that have caused you to show gratitude. Gratitude Jar activity and refreshments served.

TECH 101

Thursday, November 5th, 10:15 - 11:00 am, Wellness Center

Come let us help you download and use the FCYMCA app! And learn about rewards points and the different ways to use them. Please take this special time set aside for you to ask any questions about the app.

PAINT WITH A TWIST: HOLIDAY EDITION

Tuesday, November 10th,12:30 - 2:30 pm, Studio A

Back by popular demand, join us as we paint the afternoon away! Cost is $5.00 for supplies**...please be sure to register and pay at the Welcome Center!** As well, please bring a snack to share while painting.

BOOK CLUB

Wednesday, November 11th, 12:30 –2:30 pm, Studio A

Join our Baptist North Healthy Aging book discussion! Great books spark great conversations. This month's book is This Book Made Me Think of You by Libby Page, the feel-good novel of the year. The book is available for checkout at the Public Library. Bring a snack to share, and guests are also welcome.

WALKING CLUB: FIVE SENSES GRATITUDE WALK

Monday, November 16th, 9:00 -10:00 am, Register in the APP

Join us for an outdoor walk around our healthy live trail, focused on noticing things to appreciate through sight, touch, smell, sound, and warmth.

POTLUCK: THANKSGIVING SHARING

Wednesday, November 18th, 12:30-2:30 pm, Studio A

Join us for a time of sharing food, fun, community and sharing gratitude with your fellow Y members. Reserve your spot in our app, and **please sign up at the Welcome Center to bring your special dish.**

PARTY AND PLAY: BINGO AND BIRTHDAYS

Monday, November 23rd, 12:30-2:30 pm, Studio A

Join us for an afternoon shouting your favorite word... BINGO at the same time; let's celebrate the October birthdays of our fellow members!

BOARD GAMES

Monday, November 30th, 12:30 –2:00 pm, Studio B

Join us for an afternoon of friendly competition! Checkers, Chess, Spades, and Bid Whist. Enjoy these with your fellow Y members! Bring a snack to share.