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 FLAGLER HEALTH VILLAGE
98 Turin Terrace
904.500.9622

NOVEMBER 2026
Events and Activities

ldole@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.

Mahjong Mondays & Thursdays

Every Monday & Thursday, 12:30 - 3:00 pm, YMCA Multi-Purpose Room

Calling all Mahjong players! Join us for fun Monday and Thursday afternoons playing American Mahjong!

Mahjong 101

Nov 16, 12:30 – 3:00 pm YMCA Multi-Purpose Room

The third Monday of the month is when members can learn the game and get taught how to play as seasoned players continue with Mahjong Mondays!

Coffee Club

Tuesday, Nov 3rd, 10:00 am, YMCA Multi-Purpose Room

Looking for a great way to connect, unwind, and meet fantastic people? You are officially invited to join us for a cup of coffee, light refreshments, and wonderful conversation.

Bible Study

Wednesdays, Nov 4th & 18th, 1:30 – 3:00 pm, YMCA Multi-Purpose Room

Our fellow members and volunteers, Alen Felumlee and David Greer, will be leading our community in faith-based studies. All denominations are welcome.

Book Club

Tuesday, Nov 10th, 1:00 pm- 2:00 pm, Trinity North: Cultivate Tea & Spice

Come join us as we enjoy a member-led discussion on the book and decide what we want to read next as a group. Currently reading: Mad Mabel by Sally Hepworth. Even if you don't get the chance to read the book, we would love you to join us.

Game Day!

Friday, Nov 13th, 12:30-1:30 pm, YMCA Multi-Purpose Room

Join us for a fun game of Mexican Train dominoes. If dominoes are not for you, we also have Scrabble and Rummikub. Just come with a smile and willingness to meet new people and learn a new game.

Lunch Bunch: Metro Diner

Friday, Nov 20th, 12:30-2:00 pm meet at Metro Diner, 2851 County Rd 210

Join us for fun conversation and good food. **Members will be responsible for paying for their own meal.** Please register in the app.

Men's Book Club

Tuesday, Nov 24th, 1:00-2:00 pm, YMCA Multi-Purpose Room

Join us as we enjoy a member-led discussion and plan for the book of choice next month. Signs will be posted notifying members of what book to read for the following month.

BINGO!

Wednesday, Nov 18th, 1:00 - 2:00 pm, YMCA Multi-Purpose Room

Join as you yell your favorite word… BINGO! Win prizes while making friends! Bring a smile and be ready to laugh! You won't want to miss it!