the YMCA 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 NOCATEE

400 Colonnade Drive
904.671.9622

NOVEMBER 2026
Healthy Aging Activities

eblumberg@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 Meetup
Every Friday, 2:00 - 5:00 pm, Teen Center
Join fellow experienced players for a game that sharpens the mind and brings friends together.

Walking Club
Every Friday in November, 1:15 - 2:00 pm, Front of YMCA
Join Martha for walking club! Meet at the front of the building. Enjoy the fall weather.

Lunch Bunch
Monday, November 9th, 1:30 – 2:30 pm, Bronx Pizza (641 Crosswater Pkwy. Ste. E-F)
Meet us at Bronx Pizza for a fun lunch with Y friends! *Participants will be responsible for paying for their own meals.*

Morning Game Day
Tuesday, November 17th, 10:00 - 11:30 am, Teen Center
Join fellow members to play Mexican Train and other easy-to-learn games. Bring games you would like to play!

Afternoon Game Day
Tuesday, November 17th, 2:00 - 3:30 pm, Teen Center
Join fellow members to play Mexican Train and other easy-to-learn games. Bring games you would like to play!

Mindful Meditation
Thursday, November 19th, 2:15 – 3:00 pm, Studio A
Join Jill for a mindful meditation designed to calm the nerves and rest the mind.

Book Club
Tuesday, November 24th, 3:30 - 4:30 pm, Teen Center
Join fellow book lovers for a discussion of the book, The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows.

Coffee and Convo
Wednesday, November 25th, 9:30 - 10:30 am, YMCA Lobby
Enjoy lively conversation over coffee while making new friends!
Participants will be responsible for paying for their own coffee/food items.