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 WILDLIGHT
251 Breezeway Street
904.849.9622

NOVEMBER 2026
Events and Activities

sprentice@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 at anytime.

Walking Group

Saturdays in November, 9:00 – 10:00 am, Upstairs Walking Track

Lace up your walking shoes and join Mrs. Evelyn for an hour of walking and talking! It's a great way to get moving, enjoy good company, and start your weekend off right. Some Saturdays include nature walks, community clean-ups, or trips to local spots like the farmer's market or blueberry farm.

Keep an eye out for flyers so you know when the walking location will be somewhere other than the Y.

GameDay- Mahjong for BEGINNERS

Tuesday, November 3rd & 17th, 12:00 – 1:00 pm, Healthy Living Center

Come join us and learn Mahjong together! We're excited to learn, laugh, and have fun as we figure it out together! If you already know how to play Mahjong and would like to join us and help out, we'd greatly appreciate your guidance! Your expertise would definitely be welcome! Please feel free to bring lunch or a snack to enjoy while playing.

Tech 101

Tuesday, November 5th, 12:00 – 1:00 pm, Teen Center

Technology can sometimes feel overwhelming, especially with how quickly things change. Bring your phone, laptop, or tablet, and we will walk you through any issues step-by-step. We are here to help make technology simple and stress-free!

GameDay- The Price Is Right

Tuesday, November 10th, 11:45 – 1:45 pm, Healthy Living Center

Come Join Us for The Price Is Right! Test your guessing skills and try your luck in a fun-filled game of The Price Is Right! Prizes will be won, so come ready to play and see if you can make it all the way to the Showcase Showdown and have the chance to spin the Big Wheel for a BIG prize!

BINGO!

Thursday, November 12th, 12:00 – 1:00 pm, Teen Center

Who doesn't love a classic game of BINGO?! Join us to win some fun prizes, socialize, and to shout everyone's favorite word – BINGO! Please feel free to bring lunch or a snack to enjoy while playing.

Arts & Crafts- Pizza and Painting

Tuesday, November 17th, 12:00 – 2:00 pm, Teen Center

Join us for some Thanksgiving fun, creativity, and good company at our Thanksgiving Painting and Pizza Party! We'll have pizza and painting for everyone to enjoy. Please be sure to sign up in the app so we have an accurate headcount and know how much pizza to provide. Feel free to bring goodies to share with the group or pack your own lunch if pizza isn't your meal of choice. We hope to see you there!

Lunch Bunch

Thursday, November 19th, 12:15 – 2:00 pm, Steffens Restaurant, 550 S Lee St, Kingsland, GA 31548

Come hang out with us at Steffens for some good old-fashioned Southern cooking, delicious food, plenty of laughs, and great company! It's a wonderful opportunity to relax, connect, and enjoy some quality time together. We encourage everyone to carpool if possible so we can ride together, enjoy the company, and make the outing even more fun! Seats are limited to just 15 people, so don't wait! Be sure to reserve your spot in the app before they fill up. We'd love to see you there! Participants are responsible for paying for their own meals.

Holiday Party: Thanksgiving Potluck

Friday, November 20th, 1:00 – 2:00 pm, Teen Center

Let's celebrate the season of gratitude with good food, fellowship, and great company! We invite everyone to join us for a special Thanksgiving Potluck. The sign-up sheet will be posted by the scan-in box at the Membership Desk. Please sign up and include the dish you plan to bring. We look forward to celebrating with you!