



INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | August



Healthy Aging Day

FREE COMMUNITY EVENT

Get active, be social,
and live healthier at the Y!

SAVE THE DATE
10.12.24

NATIONAL IMMUNIZATION AWARENESS MONTH

Routine vaccines aren't just for kids! During National Immunization Awareness Month, the YMCA of Florida's First Coast encourages all adults to check

<https://fcymca.org/programs/healthy-living/immunizations/>

to make sure you're up to date on your recommended routine immunizations.



ROUTINE
VACCINES
AREN'T
JUST FOR
KIDS



National Immunization Awareness Month



**IT'S NEVER
TOO LATE TO
FEEL GREAT.**

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | August 2024

AUGUST EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our app and online at fcymca.org.

BIBLE STUDY

EVERY WEDNESDAY at 12:30p.m., Studio B

Join Mr. Jeffrey McIntyre for Bible Study. All denominations welcome.

SAFETY SEMINAR: JSO – SENIOR SAFETY

THURSDAY, AUGUST 1st, 12:30 – 1:30pm, Healthy Living Center

Come learn from an officer with the Jacksonville Sheriff's Office how to keep yourself safe!

GAME DAY- WII EDITION

WEDNESDAY, AUGUST 7th, 12:15 – 2:00pm, Studio B

Stop in with a friend for Game Day Wednesday!

COOKING DEMONSTRATION with FEEDING NORTHEAST FLORIDA

MONDAY, AUGUST 12th, 12:00 – 1:00 p.m., Healthy Living Center

In partnership with Feeding Northeast Florida educations, come enjoy a cooking demonstration focused on healthy habits and cooking confidence!

ARTS AND CRAFTS: QUILTING FOR BEGINNERS

MONDAY, AUGUST 19th, 12:30 – 1:30pm, KidZone

Learn the basics of quilting while making friends!

BOWLING

WEDNESDAY, AUGUST 21st, 12:15pm

Get out and knock over some pins! You get shoes, two games, and a hotdog lunch for **\$8.50**.

Reserve your spot in the app or online AND pre-pay at the Welcome Center.

BINGO & BIRTHDAYS

WEDNESDAY, AUGUST 28th, 12:15 – 1:15pm, Studio A

Join us for an afternoon shouting your favorite word—BINGO! At the same time, let's celebrate our fellow members with birthdays this month! We will have prizes for winners, fun with friends, and lots of laughs.

Don't forget your PUNCH!

TEN punches on your monthly 50 & Better punch card(s) enters you to win prizes!

Pick up your card at the Welcome Center today!