



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.**

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | 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.**

American Mah Jong

Every Thursday, 11:00am-12:00pm, Common Area

Please note: Due to having a limited capacity of 8 participants, you must have a reservation to attend.

Chair Volleyball

Every Tuesday (starting August 13th), 12:30-1:30pm, Gymnasium

Chair volleyball is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance.

Game Day

Monday, August 5th, 12:00-1:00pm, Small Group Room

Join us for a game of Yahtzee!

Book Club

Thursday, August 8th, 10:00am, Common Area

The month's book is Number the Stars by Lois Lowry.

Guided Meditation

Saturday, August 10th and 24th, 10:30-11:30am, Studio A

Color Me Calm

Tuesday, August 12th, 11:00am-12:00pm, Common Area

Come color your way into relaxation and enjoy conversation!

Dinner Out

Tuesday, August 20th, 4:30pm

Join your Y members for food and friendship at Luca's Italian in Orange Park!

Cooking Demo with Feeding Northeast Florida

Wednesday, August 21st, 12:00-1:00pm, Family Activity Center

Come enjoy a cooking demonstration focused on healthy habits and cooking confidence! Presented by our partners at Feeding Northeast Florida.
