



# INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto: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.**

**BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | 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](http://fcymca.org).**

#### **Bible Study**

**Every Friday, 11:45am-12:45pm, Studio D**

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi.

#### **BINGO!**

**Friday, August 9<sup>th</sup>, 12:15-1:15pm, SMB Studio**

Sponsored by **David Palmeri**, Independent Insurance Agent. Publix gift card prizes!

#### **Lunch Bunch**

**Monday, August 12<sup>th</sup>, 12:30pm**

Meet at **Fogo de Chao Brazilian Steakhouse, Town Center**, for food, friendship, and fun! \$18, plus tip.

#### **Bocce Ball**

**Wednesday, August 14<sup>th</sup>, 11:45am-12:45pm, Studio B**

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

#### **Game Day: Games / Color Me Calm - Coloring for Adults**

**Wednesday, August 14<sup>th</sup>, 2:15-3:15pm, Studio D**

Get ready for some fun! Many games are available! And, if you like to color, join us! No artistic talent required. Meet new friends in a relaxing atmosphere. All supplies provided, or bring your own.

#### **Book Club: Books@Brooks**

**Thursday, August 22<sup>nd</sup>, 2:15-3:30pm, Studio D**

*The Echo of Old Books*, by Barbara Davis. Please read the book before the meeting.

#### **Healthy Aging Cooking Demo**

**Friday, August 23<sup>rd</sup>, 12:00-1:00pm, Conference Room**

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

#### **New Member Orientation**

**Wednesday, August 28<sup>th</sup>, 2:15-3:15pm, Studio D**

Ask questions, learn about program offerings, and get help with tech difficulties involving the Y App!

#### **GriefShare Support Group**

**Tuesdays, 2:00-4:00pm - July 9<sup>th</sup>-August 6<sup>th</sup>, Studio D / August 13<sup>th</sup>-October 8<sup>th</sup>, Conference Room**

For help and encouragement after the death of a spouse, child, family member, or friend. This series is open to the community, and there is a small fee for the workbook. Registration info: [mychurchseniors@yahoo.com](mailto:mychurchseniors@yahoo.com).

#### **Don't forget your PUNCH!**

**TEN** punches on your 50 & Better punch card(s) enters you to win a \$50 Publix gift card!

**Pick up your card at the  
Welcome Center today!**

Hello! My name is Sheri Nash, and I'm the Healthy Aging Coordinator at the Brooks YMCA. I plan all of the Social Events, and I'm always looking for inspiration and ideas!

Let me know if you have any suggestions, questions, or feedback!

Email: [snash@fcymca.org](mailto:snash@fcymca.org)

Phone: 904.902.7973



To quickly register for an event, scan here! Need help? Just ask the Welcome Center Staff for assistance!

