



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.**

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | 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.**

WALKING CLUB

Every Thursday at 8:00am, meet in the Lobby

Join us every Thursday morning for an outdoor walk that will last for approximately one hour.

PAINTING PARTY

Friday, August 2nd, 1:00-3:30pm, Healthy Living Center

Join us for an afternoon of painting fun! We will provide lunch and the supplies you need, along with step-by-step instructions. You are sure to leave with a masterpiece you can cherish forever.

**** Register at the Front Desk** \$30/member, \$45/non-member**

NEW MEMBER WELLNESS ORIENTATION

Monday, August 5th, 10:30-11:30am, Wellness Desk

Meet at the Wellness Desk on the Wellness Floor for an orientation/overview of the machines and other workout equipment.

BIRTHDAY CELEBRATION

Tuesday, August 6th, 12:30-1:30pm, Healthy Living Center

Join us as we celebrate our fellow members with birthdays in the month of August.

ARTS AND CRAFTS: CRAFTING WITH EMILE

Friday, August 9th and 23rd, 1:00-2:00pm, Healthy Living Center

Emile Aucello will lead a craft activity designed to inspire your creative side.

MAH JONG

Wednesdays, August 14th and 28th, 12:30-1:30pm, Healthy Living Center

Learn and love to play Mah Jong – no experience necessary!

COOKING DEMO with FEEDING NORTHEAST FLORIDA

Thursday, August 22nd, 12:45-1:45pm, Healthy Living Center

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

LUNCH BUNCH

Thursday, August 29th, 1:00-3:00pm

Meet at V's Pizza in Palm Valley to enjoy a yummy lunch while socializing with your fellow members.

****Participants are responsible for paying for their own meals.****