



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.**

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | 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 fcmca.org.**

Cooking Demonstration with Feeding Northeast Florida

Wednesday, August 7, 12:00pm - 1:00pm, Studio B

The First Coast YMCA has partnered with Feeding Northeast Florida®! Educators from this amazing organization will be here to present members with a cooking demonstration aimed towards healthy habits and cooking confidence for seniors in our communities.

Day Trip: Spotlight Center Outing

Thursday, August 8, 10:45am

Preregistration and payment required for this event. Join us for an afternoon out! Box lunches provided, followed by Sister Act: The Musical! We will meet at the Spotlight Center located at 1809 E West Parkway, Fleming Island, FL 32003.

Coffee and Conversation

Friday, August 9, 9:00am - 10:00am, Welcome Center

Join Renee to meet new friends and share what you might like to be added to the Y's 50 and Better program

Arts and Crafts: Canvas Painting

Monday, August 12, 10:00am - 12:00pm, Studio B

Join us for this month's craft, painting on canvas! Open your creativity and have some fun!

Bible Study: Growing Older and Wiser Week 2

Monday, August 19, 11:00am - 12:00pm, Studio B

In this nine-session LifeGuide® Bible Study, Dale and Sandy Larsen help you discover the Bible's perspective on aging. You'll discover how God can effectively and powerfully use those who have grown wiser with the passing years. All denominations welcome.

Movie Time! The Bucket List

Monday, August 26, 10:00am - 12:30pm, Studio B

Come relax and enjoy the company of friends...and a good movie! Our movie this month will be The Bucket List with Jack Nicholson and Morgan Freeman. Popcorn will be provided!

Dinner Out

Thursday, August 29, 4:30pm, Cracker Barrel

Meet up with your fellow YMCA members at Cracker Barrel for fun, food, and friendship. Cracker Barrel is located at 4272 Eldridge Loop, Orange Park, FL 32073.

August Birthday Celebration

Friday, August 30, 11:45am - 12:15pm, Studio B

Join us for our Better Balance class at 11:10am, followed by our celebration of our members with August birthdays at 11:45am! Come to both the class and the celebration...or simply join us for the birthday party at 11:45am!