



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 FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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.

Cooking Demonstration with Feeding Northeast Florida

Tuesday, August 6th, 12:00 – 1:00pm, Studio B

In partnership with Feeding Northeast Florida educators, come enjoy a cooking demonstration focused on healthy habits and cooking confidence! This will be the first in a six-month series that will take place the first Tuesday of the months from August to January.

Bible Study at the Y

Wednesday, August 7th, 1:30pm, KidZone

Wednesday, August 21st, 1:30 - Multipurpose Room

Board Member Alln Fellumlee and member/volunteer David Greer will be leading our community in faith-based studies. Join us the first and third Wednesday of each month as we come together to give praise. All denominations are welcome.

Bring a Buddy

Monday, August 12th

Do you love the Y? Your buds will too! Bring in a friend or family member so they can see what the Y has to offer. Buddies can enjoy two complimentary visits to explore our community, culture, and membership options available. *No registration/reservations required.*

Book Club

Tuesday, August 13th, 1:00pm, Multipurpose Room

Our next read is [The Getaway Girls: It's Never Too Late For an Adventure...](#) by Dee MacDonald. Save the date for our next meeting!

Coffee and Convo

Thursday, August 15th, 1:30pm, Welcome Center Lobby

A fun way to connect and recharge. Join us in the Welcome Center Lobby for Coffee and Conversation.

BINGO!

Wednesday, August 28th, 1:30pm, Multipurpose Room

Join us as you yell your favorite word...BINGO! Win prizes while making friends! Light refreshments will be available.

Potluck: August Birthday Celebration

Friday, August 30th, 1:30pm, Multipurpose Room

Join us for our monthly Birthday Celebration Potluck! Bring your favorite dish to share. Light refreshments will be provided. Stop by the Welcome Center desk to let Hannah or Joanne know what you'd like to bring!

LIVESTRONG at the YMCA

LIVESTRONG at the YMCA is a program for cancer survivors that meets twice a week for 12 weeks. Participants will be engaged in a support group, aerobic exercises, strength training, special classes, and a nutritional seminar. If you or someone you know could benefit from this program email Tailyn at tmulahasanovic@fcymca.org for more information and registration.