



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.**

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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.**

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, August 5th, 9:30 – 10:30am, Teen Center

All are welcome to attend.

CROCHET CLASS FOR BEGINNERS

Monday, August 5th and 19th, 1:00 – 2:00pm, Teen Center

Whether you are just starting out crocheting, or you have been crocheting for years, this crochet class is for you!

WEEKLY BIBLE STUDY with PASTOR PERRY ROBINSON

Wednesdays, August 7th, 14th, 21st, and 28th, 10:30 – 11:30am, Pre-Teen Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

MID-DAY MOVIE

Wednesday, August 7th, 11:30am – 1:30pm, Teen Center

Enjoy the movie Let's Do It Again (1975) featuring Bill Cosby, Jimmie Walker, and Sidney Poitier. Two Atlanta men raise funds for their charity by rigging boxing matches in New Orleans, but their tricks attract the mob's attention. Rated PG. Popcorn will be served.

CELEBRATIONS: AUGUST MEMBER APPRECIATION, BIRTHDAYS, & RECOGNITIONS

Wednesday, August 14th, 11:00am – 12:30pm, Teen Center

I scream, you scream! We all scream for ice cream! Cool off from the heat at our Ice Cream Social as we celebrate all of our members and guests. While supplies last.

PAINTING PARTY: CUPCAKES AND CANVASSES

Friday, August 16th, 1:00 – 3:00pm, Teen Center

Relax and have fun painting with a great group of people, led by local artist and teacher Tiffany Rodriguez...all while enjoying delicious desserts! **COST: \$8 per person.** Registration REQUIRED, capacity is limited.

BINGO with BEVERLY

Friday, August 23rd, 11:00am – 1:00pm, Pre-Teen Center

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun.

COOKING DEMONSTRATION with FEEDING NORTHEAST FLORIDA

Tuesday, August 27th, 12:00 – 1:00pm, Teen Center

Join the Y and Feeding Northeast Florida for this monthly cooking demonstration series partnership. Learn how to prepare delicious and nutritious recipes!

BOARD GAME BLOWOUT

Friday, August 30th, 11:00am – 1:00pm, Pre-Teen Center

Bring your favorite card or board games to indulge in friendly competition catering to all ages and player levels. Please bring a shareable snack.