



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.**

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | Aug. 2024

AUGUST EVENTS AND ACTIVITIES

Reservations are required for events (unless otherwise noted) and can be made in our app and online at fcymca.org.

Board Games

Every Wednesday, 1:00-2:00pm, Studio A

Gather with your friends and join us in the studio for an array of board games. Have any board game requests? Reach out to Suzanne at SBlake@fcymca.org for more information.

Fun Fridays!

Every Friday, 10:30-11:30am, Gymnasium

The Y will plan a special weekly FUN events for you and your friends!

Cooking Demo with Feeding Northeast Florida

Thursday, August 15th from 12:00-1:00pm in Studio B

Come enjoy a cooking demonstration focused on healthy habits and cooking confidence!

Pickle Ball

Tuesdays from 2-4pm

Beat the heat and come and play pickle ball in our gym. We will supply the nets; you just bring your own paddle.

Bowling at Duck Pinz

Thursday, August 22nd from 1:30-2:30pm at Duck Pinz in Downtown Fernandina

Bch Join us at Duck Pinz for an afternoon of bowling, games and lots of laughs! This will cost \$10 a person- register at the front desk!

**DON'T FORGET YOUR
50 & BETTER
PUNCH CARDS**

Participate in the monthly **Age 50 & Better Rewards** drawing, and you could win great prizes!

**Join our First Coast YMCA Facebook
Group for members ages 50 and Better!**

**Want to stay in the know about all things First
Coast YMCA? Simply join our Facebook Group!
Go to Facebook.com/groups/50AndBetter
TODAY!**