



# INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto: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 NOCATEE | 400 Colonnade Drive | 904.671.9622 | AUGUST 2024**

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## **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](https://fcymca.org).**

### **Walking Club**

**Every Tuesday and Thursday, 8:00-9:00am, meet in the YMCA Lobby**

This group is great preparation for entering Chairty Walks throughout the year and to make new walking friends.

### **Member Orientation: New AOA Member Tour**

**Every Tuesday and Thursday after Walking Club, YMCA Lobby**

This is a great way to learn about studios, classes, and events for our 55 and better community!

### **MahJong Meet Up**

**Every Friday, 2:00 – 5:00pm, Multi-Purpose Room**

Join us for a fun game of MahJong with your YMCA friends!

### **Cooking Demo with Feeding Northeast Florida**

**Friday, August 9<sup>th</sup>, 12:00 – 1:00pm, Multi-Purpose Room**

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 from August to January.

### **Game Day: Gaga for Games**

**Monday, August 12<sup>th</sup>, 4:00 – 5:00pm, Multi-Purpose Room**

Join us for Bingo!

### **Lunch Brunch**

**Wednesday, August 14<sup>th</sup>, 12:30 - 2:30pm**

Come together one a month to try different restaurants, make friends, and catch up on new activities in the community. Our location this month is First Watch in Nocatee...meet us there at 12:30pm!

\*Participants are responsible for the cost of their meals.\*

### **Potluck and Pictionary**

**Monday, August 26<sup>th</sup>, 3:00 – 5:00pm, Multi-Purpose Room**

Come together and have a good time playing Pictionary and sharing food.

### **Book Club**

**Tuesday, August 27<sup>th</sup>, 3:30-4:30pm, Multi-Purpose Room**

Calling all Bibliophiles! The Measure by Nikki Erlick is our book. Please bring book recommendations for future meetings.

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