



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 WILDLIGHT | 251 Breezeway Street | 904.849.9622 | 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.**

BINGO!

Every Thursday, 11:30am – 12:30pm, Teen Center

Who doesn't love a classic game of Bingo!? Join us to win some fun prizes, socialize, and to shout everyone's favorite word – BINGO!

Cooking Demo with Feeding Northeast Florida

Thursday, August 1st, 12:00 – 1:00pm, Teen Center

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

Social: National Rice Pudding Day

Friday, August 9th, 11:30am – 12:30pm, Lobby

Come create a delicious rice pudding dish with us as we celebrate National Rice Pudding Day!

Coffee, Color and Conversation

Tuesday, August 13th, and Friday, August 23rd, 9:30 – 10:30am, Lobby

Stop by for a cup of coffee, color a coloring page, and chit chat about your week or upcoming plans!

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win Y swag!

**Pick up your card at the
Welcome Center today!**

**August is the slow, gentle month
that stretches out the longest across
the span of a year...**

**August is a time to soak up the
sunshine and let your soul be filled
with warmth...**