



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



WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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.

Bible Study

Every Friday, 12:30 - 1:30pm, Healthy Living Center (for summer months)

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Game Day

Tuesday, August 20th, 3:00 – 4:30pm, ESPORTS Room

Enjoy a variety of different games – from chess to cards to board games and more – with your Y friends!

Arts and Crafts

Thursday, August 22nd, 3:00 – 4:30pm, ESPORTS Room

Join us in creating a new craft! Peer-led and loads of fun!

Wellness Workshop: Posture and Mobility

Wednesday, August 21st, 1:00 - 2:30pm, Healthy Living Center

(Member \$20 / Non-Members \$40)

Reservations and payment for this event must be made at the Welcome Center.

Tech 101

Wednesday, August 21st, 2:30 - 3:30pm, Healthy Living Center

Topic: The Y App and Y360 (for virtual classes and more!)

Book Club

Thursday, August 29th, 1:15 - 2:15pm, ESPORTS Room

Bingo & Birthdays!

Thursday, August 29th, 3:15 - 4:15pm, Studio A

Fun, prizes, and more!!! If you are celebrating a birthday in August, stop by BINGO and enjoy a sweet treat with your YMCA friends and family.

Cooking Demo with Feeding Northeast Florida

Wednesday, August 28th, 12:00 – 1:00pm, ESPORTS Room

In partnership with Feeding Northeast Florida, come enjoy a cooking demonstration focused on healthy habits and cooking confidence!

Don't forget your PUNCH!

Pick up your AOA Punchcard at the Welcome Center, each time you visit the Y, get it punched at the Welcome Center.

**More visits=
More chances to WIN!**

PICKLE BALL

Pickle Ball Play

Mon-Wed 2:40-4:00pm
Thursday 8:00-10:30am, 2:40-4:00pm
Friday 1:00-4:00pm

Beginner Instruction

Fridays 11:00am-1:00pm

Beginner Play

Fridays 12:00-1:00pm

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Jenny Engelmeyer @ jengelmeyer@fcymca.org for more information!