



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.**

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 | 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.**

Coffee and Convo: Meet & Greet

Every Tuesday, 10:00am, Teaching Kitchen.

Learn more about the Y and enjoy fellowshiping. Bring in pictures/stories from your adventures to share.

Game Day

Every Wednesday, 10:00-11:00am, Teaching Kitchen

The Y will provide board and card games, puzzles, and coffee. Come together for some fun games!

Painting Party: Tea Party & Painting

Thursday, August 1st, 12:00-1:00pm, Teaching Kitchen

Wear your hat and come enjoy sandwiches cookies and tea. Registration required to ensure that enough supplies are available for all participants.

Day Trip: Shopping & Lunch

Thursday, August 8th, 12:15pm

Meet at 12:15pm for lunch at Southern Charm (3566 St. Augustine Road), known for their good ol' home cooking, then shopping at The Thrift Store on Emerson Street. **Cost: \$14** for the buffet, drink, and dessert.

Birthday Party & BINGO

Tuesday, August 13th, 1:00-2:00pm, Teaching Kitchen

Come celebrate our member birthdays and have fun playing BINGO!

Potluck

Thursday, August 15th, 12:00-1:00pm, Teaching Kitchen

Bring your favorite summer dishes. The Y will provide the dessert.

Bowling

Wednesday, August 21st, 12:00pm

Meet at 12:00pm at King Pin Lanes (5310 Lenox Avenue) **Cost: \$8.50** which includes 2 games, shoes, hot dog, drink, and chips. **Sign up in our app or online and pre-pay Susan H. or Karen S. by**

Wednesday, August 14th.

Lunch Bunch

Thursday, August 22nd, 12:30pm

Meet at 12:30pm at ArtEssence Coffee Shop (1505 N Main Street). Our friend Cheryl Bowen will be singing for us! **Cost: \$10 - \$15/person.**

Cooking Demonstration with Feeding Northeast Florida

Monday, August 26th, 12:00-1:00pm, Teaching Kitchen

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

**Our YMCA Book
Club will resume
in September!**

Don't forget your monthly PUNCH CARD!

TEN punches on your Silver Punch Card enters you to win **PRIZES** each month!
Pick up your card at the Welcome Center TODAY! (one card per member, please)