



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | August 2025



SAVE THE DATE

**Saturday,
October 11th**



Youth Mental Health First Aid is coming this fall for all parents/guardians of youth ages 12 to 18.

Keep your eye out for more info coming soon!

Your Health won't wait - Why Should You?

Take charge of your health with some of these Health Living Programs that the First Coast YMCA offers!

Upcoming Programs

Weight Loss

- Supports healthier weight goals through small, sustainable daily changes and lifestyle skills.

Diabetes Prevention Program

- A year-long program with weekly then monthly sessions led by a trained coach, focusing on healthy eating, physical activity, and behavior changes.

LIVESTRONG at the YMCA

- A free, evidence-based program helping adult cancer survivors regain health and well-being.

Blood Pressure Self-Monitoring

- Learn to use a BP cuff correctly and receive personalized support to manage your health and reach your goals.



IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | **AUGUST 2025**

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

Fridays, 10:00am – 12:00pm, Common Area

Come for the coffee and stay for the fellowship!

Lunch Bunch: Brew-Bakers Café & Co

Thursday, August 7th, 11:30am – 1:00pm

Come and enjoy food and fellowship with your Y Family. Please use the app to reserve your spot. ***Participants will be responsible for paying for their own meals.**

Silver Strength Small Group Training Demo Class

Tuesday, August 7th, 9:30 – 10:30am, Small Group Training Room

Join us for a demo of Silver Strength – a circuit-based, strength workout for those 50 and up, in a group setting. Bring water and be ready to workout. **Each session is limited to TEN members, so be sure to reserve your spot in the app!**

Chair Volleyball

Wednesdays starting August 13th, 12:30 – 1:30pm, Gymnasium

Chair Volleyball with Cholita is back! Come enjoy a fantastic and fun volleyball game in the gym.

Book Club

Thursday, August 14th, 10:00 – 11:00am, Common Area

Join us for a morning literary discussion and the deciding of next month's book.

Dinner Out: Magnolia Point Golf and Country Club

Tuesday, August 19th, 4:30 – 6:00pm

Come and enjoy food and fellowship with your Y Family. Please use the app to reserve your spot. ***Participants will be responsible for paying for their own meals.**

Color Me Calm: Coloring and Mocktails

Friday, August 22nd, 12:30 – 1:30pm, Common Area

Join us for some relaxation with coloring books, conversation and mocktail mimosas.

Teacup Bird Feeder Craft

Thursday, August 28th, 11:00am – 12:30pm, Family Activities Center

Join Tara to make adorable bird feeders out of teacups and saucers! **Sign up in the app by August 15th to make sure we have enough supplies.**