



# INMOTION

## A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto:myhealth@fcymca.org) | September 2025

FALLS PREVENTION AWARENESS WEEK



### DID YOU KNOW THAT FALLS...



...are the leading cause of injury related ER visits for older adults?



...are the major cause of hip fractures?



...are responsible for more than half of fatal head injuries?

This Month the YMCA of Florida's First Coast celebrates Falls Prevention Awareness by remind you that we're here to help! Our ENHACNCE®FITNESS program is an evidence-based program that works to improve balance, muscle strength, flexibility and more.

**Scan the QR code for more information!**



### Myths from National Council on Aging

**Myth 1:** Falling happens to other people, not to me.

**Reality:** Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

**Myth 2:** Falling is something normal that happens as you get older.

**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

the YMCA

**FIND ME AT THE Y**  
Healthy Aging Day  
**10.11.25**  
FREE COMMUNITY EVENT  
Get active, be social, and live healthier at the Y!

Mark your calendars for Healthy Aging Day coming up!  
**October 11<sup>th</sup> from 9:00am to 12:00pm**



# IT'S NEVER TOO LATE TO FEEL GREAT.

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

## SEPTEMBER 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).

**REMINDER! Come play PICKLEBALL at the Y!**

### Senior Chair Volleyball

**Every Wednesday, 12:30 – 1:30pm, Gymnasium**

Join Cholita to have fun with your Y friends while getting in a great workout.

### Fall Potluck

**Monday, September 8<sup>th</sup>, 12:30 - 1:30pm, Family Activity Center**

Bring a dish and celebrate everything fall! Dessert and drinks will be provided.

### Book Club

**Thursday, September 11<sup>th</sup>, 10:00 – 11:00am, Common Area**

Join us for a morning discussion of The Book Club for Troublesome Women, by Marie Bostwick. The group will also choose a book for October.

### Coffee and Convo

**Fridays, September 12<sup>th</sup> and 26<sup>th</sup>, 10:00am – 12:00pm, Common Area**

Come for the coffee and stay for the fellowship!

### SilverSneakers Boom Muscle DEMO

**Saturday, September 13<sup>th</sup>, 11:30am - 12:30pm, Studio A**

Come join June as she showcases what SilverSneakers Boom Muscle can do for you! Boom Muscle is a step ABOVE SilverSneakers Circuit, and the focus is on toning muscles and building overall strength. 20 participants allowed, so be sure to sign up on the app!

### Dinner Out: Vi's Pizza

**Tuesday, September 16<sup>th</sup>, 4:30 – 6:00pm, V's Pizza (4477 US-17)**

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

**Thursday, September 18<sup>th</sup>, 9:30 - 10:30am, Small Group Training Room**

Come join Cruise, one of our Personal Trainers, for an hour of Small Group Training specifically designed for the aging adult who needs or wants more than group exercise classes. Only 10 participants allowed, so be sure to sign up on the app! If you have already attended a Silver Strength Demo, we ask that you leave this open for new people to attend.

### Lunch and Learn with VIP Better Health

**Thursday, September 25<sup>th</sup>, 12:00 – 1:00pm, Family Activities Center**

Join us for a **Tech Talk**, sponsored by VIP Better Health Group. Lunch will be provide to all participants.

**\*Registration required; please be sure to sign up in the app.\***

### Cardio Circuit

**Monday, September 29<sup>th</sup>, 12:45 - 1:30pm, Basketball Gym**

Come join Cholita for 45 minutes of out-of-the-box games that will get your heartrate up! Enjoy plenty of laughs, camaraderie, entertainment, and movement!