



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.

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | 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.**

Crochet 'n Craft Crew, Every Tuesday, 2:15 - 3:15pm, Studio D

Bring your projects and socialize! Help is available for beginners' crochet challenges. And you're not limited to crochet! Bring any of your current projects – artwork, needlepoint, embroidery, knitting, etc. - and have a great time conversing with new friends and learning a new skill! *Bringing snacks is permitted.*

GriefShare, Every Tuesday from August 19th - November 11th, 2:00 – 4:00pm, Conference Room

For help and encouragement after the death of a spouse, child, family member, or friend. This supportive series of meetings is open to the community.

Registration info: E-mail mychurchseniors@yahoo.com. (Y members: please register with the app as well.) Non-Y members must sign a waiver. Small fee for optional workbook. Join at any time during the series.

NEW Weekly Walking Club, Every Thursday, 8:30 – 9:30am, Meet at Target at Town Center

Walk for Wellness! Meet at Target, walk to True Foods, then back to Target. Don't forget your water!

Rain Plan: Breakfast at Panera.*Participants will be responsible for paying for their own coffee/meal.*

Bible Study, Every Friday, 11:45am - 12:45pm, Studio D

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. *All denominations welcome.

Meeting: Volunteers, Friday, August 8th, 1:00 – 2:00pm, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

BINGO!, Friday, August 8th, 12:00 – 12:30pm, SMB Studio

Have fun yelling your favorite word...BINGO! Sponsored by **David Palmeri**, Independent Agent.

Lunch Bunch

Monday, August 11th, 12:30 - 2:00pm, Meet at **Cheddar's**, Town Center

Monday, August 25th, 12:30-2:00pm, Meet at **BJ's**, Town Center

Participants will be responsible for paying for their own meal.

Bocce Ball, Wednesday, August 13th, 11:45am - 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

New Member Orientation for Seniors, Wednesday, August 20th, 2:15 – 3:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

Coffee and Conversation, Wednesday, August 27th, 11:30am - 12:30pm, Lobby

Coffee and socializing! Our goal is to foster new friendships and connections over a warm cup of coffee.

Lunch & Learn with VIP Better Health Group, Thursday, August 28th, 12:00 - 1:00pm, Conf. Room

Join us for the topic "Tech Saavy Seniors". Lunch will be provided to all registrants...be sure to sign up in the app!

Book Club: Books@Brooks, Thursday, August 28th, 2:15 – 3:15pm, Studio D

Join us to discuss *We Solve Murders*, by Richard Osman. Reading the book is encouraged, but not required.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a prize: The Senior of the Month Parking Spot! **Pick up your card at the Welcome Center today!**

PLEASE remember to swipe your membership card or scan in at the front desk **EVERY** day that you visit! We depend on you!

Have suggestions, inspiration, or feedback? Reach out to Sheri Nash, our Brooks Family YMCA Healthy Aging Coordinator! Email: snash@fcymca.org Phone: 904.902.7973