



# 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) | August 2025



### Healthy Aging Day

FREE COMMUNITY EVENT

Get active, be social,  
and live healthier at the Y!

**SAVE THE DATE**

**Saturday,  
October 11<sup>th</sup>**



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.

**BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | AUGUST 2025**

## AUGUST EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).

Reservations can be made in our FCYMCA app by selecting Classes, and Filter by Healthy Aging Class Type, or go online to Schedules at [fcymca.org](http://fcymca.org).

Please note that some events this month will be held at the PV Senior Center at 175 Landrum Lane (across the street from the Brown Family YMCA).

### COFFEE AND CONVO

**Friday, August 8<sup>th</sup>, 9:30 – 10:30am, In the Lobby**

Come and enjoy some refreshments and connect with our staff. Cara Roach, Executive Director, will be available to answer any questions about our exciting upcoming renovations, and I'll be there to share all the fun and engaging Healthy Aging activities coming in August.

*(Registration Class Name – Coffee and Convo)*

### MAHJONG

**Wednesday, August 6<sup>th</sup>, 12:45 – 2:45pm, COVERED PICKLEBALL AREA**

**Wednesdays, August 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, 12:45 – 2:45pm, PV SENIOR CENTER (in the LIBRARY)**

Come join us every Wednesday for Mah Jong! Whether you're a seasoned player or just starting out, everyone is welcome. **If you're new to the game, come by on August 13<sup>th</sup> or August 27<sup>th</sup> to learn from experienced instructors.** Then stay to play and practice your new skills with a welcoming group of players.

*(Registration Class Name – Healthy Aging Mah Jong)*

### MAHJONG FOR SEASONED PLAYERS

**Fridays, August 15<sup>th</sup> and 29<sup>th</sup>, 12:45 – 2:45pm, PV SENIOR CENTER (in the ARTS & CRAFT ROOM)**

Experienced Mah Jong players, come join us for a fun and enjoyable afternoon. **Instructors will NOT be present.**

*(Registration Class Name – Healthy Aging Mah Jong)*

### PICKLEBALL 101

**Wednesday, August 20<sup>th</sup>, 10:00 – 11:00am, Pickleball Courts**

Register now for a FREE introduction to Pickleball for an informative and fun time playing. Paddles and balls will be provided.

**Please register at [www.courtreserve.com](http://www.courtreserve.com).**

### BOOK CLUB

**Thursday, August 21<sup>st</sup>, 11:45am – 1:00pm, Mr. Chubby's Wings (150 Valley Circle, Ponte Vedra Beach)**

Join us at Mr. Chubby's Wings for a lively discussion of the book "The Women" by Kristin Hannah. Even if you haven't had a chance to read the book, we'd still loved for you to join us- come share your suggestions for next month's pick! Come for the cooks, stay for the community!

*(Registration Class Name – Healthy Aging Book Club)*

### LUNCH BUNCH

**Thursday, August 21<sup>st</sup>, 1:00 – 2:30pm, Mr. Chubby's Wings (150 Valley Circle, Ponte Vedra Beach)**

Meet for lunch at Mr. Chubby's Wings to enjoy a yummy lunch while socializing with your Y friends!

**\*Participants will be responsible for paying for their own meals\***

*(Registration Class Name – Healthy Aging Lunch Bunch)*

### GAME DAY: LEARN TO PLAY CANASTA

**Friday, August 22<sup>nd</sup>, 12:45 – 3:45pm, PV SENIOR CENTER (in the ARTS & CRAFTS ROOM)**

Join us for a fun-filled afternoon of learning how to play. Our fellow member Janice Fallon will guide us through the game. Come for fun and enjoy time with friends.

*(Registration Class Name – Healthy Aging Game Day)*

### TECH 101: TECH HELP WITH DAVID

**Thursday, August 28<sup>th</sup>, 10:30am – 12:00pm, In the Lobby**

Need help with your devices? Bring your smartphone, laptops, e-reader, or other devices that you have questions about, and David will help with your tech needs.

*(Registration Class Name – Healthy Aging Tech 101)*