



# 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



**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.

**DYE CLAY FAMILY YMCA | 3322 MOODY AVENUE | 904.272.4304 | 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](https://fcymca.org).**

### **ARTS AND CRAFTS**

**Tuesday, August 5<sup>th</sup>, 10:15 - 11:00am, Studio B**

Join us in creating your very own flower bouquets. Peer-led and loads of fun!

### **COFFEE AND CONVO**

**Monday, August 11<sup>th</sup>, 10:00 - 11:00am, Lobby**

Join Lake for coffee, along with open discussion about upcoming AOA activities, AOA Committee... and more!

### **WALKING CLUB**

**Thursday, August 14<sup>th</sup>, 9:15 - 10:00am, Wellness Floor**

Join us on the Wellness Floor for a fun "Around The World Cardio Challenge"!

### **LUNCH AND LEARN: HEALTHY AGING PRESENTATION with CONVIVA**

**Tuesday, August 19<sup>th</sup>, 11:15am - 12:15pm, Youth Center**

Join us for a presentation on Healthy Aging, sponsored by Conviva. Lunch will be provided to all registered participants; **please reserve your spot in the app or online.**

### **MUSIC AND MEMORIES**

**Wednesday, August 20<sup>th</sup>, 10:00 - 11:00am, Youth Center**

A guided journey to capturing your memories through music. Each month participants will reflect on a specific theme, using music as inspiration to unlock memories and document their life stories. (Journals will be provided; **must sign up on FCYMCA app.**)

### **SPECIAL EVENT: DECORATING WITH KIDZONE**

**Saturday, August 23<sup>rd</sup>, 10:00 - 11:00am, Youth Center**

Join us in a cookie and t-shirt decorating contest with KidZone. There will be light refreshments provided.

### **PARTY AND PLAY: BINGO AND BIRTHDAYS**

**Wednesday, August 27<sup>th</sup>, 12:15 - 1:30pm, Youth Center**

Fun, prizes, and more!!! If you are celebrating a birthday in August, come to BINGO and enjoy a sweet treat with your AOA friends and family.

### **LUNCH AND LEARN with VIP BETTER HEALTH GROUP**

**Thursday, August 28<sup>th</sup>, 12:00 - 1:00pm, Youth Center**

Join us for a Lunch and Learn, sponsored by VIP Better Health Group. Lunch will be provided to all registered participants; **please reserve your spot in the app or online.** Topic TBD.

#### **Don't forget your PUNCH!**

Pick up your AOA punch card at the Welcome Center starting August 1st. Each time you visit the Y, get it punched! Enter drawing to win a Cool Prize this month!

**More visits=  
More chances to WIN!**

#### **PICKLE BALL PLAY!**

Monday, Wednesday,  
& Friday  
12:00 - 2:00pm  
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Lake Higdon at [llewis@fcymca.org](mailto:llewis@fcymca.org) for more information!