



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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 11th from 9:00am to 12:00pm



IT'S NEVER TOO LATE TO FEEL GREAT.

DYE CLAY FAMILY YMCA | 3322 MOODY AVENUE | 904.272.4304 | 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.**

COFFEE AND CONVO

Monday, September 1st, 10:00 – 11:00am, Lobby

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

ARTS AND CRAFTS

Thursday, September 4th, 9:00 – 10:00am, Studio B

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

PARTY AND PLAY: BINGO AND BIRTHDAYS

Tuesday, September 9th, 10:30 – 11:30am, Studio B

Fun, prizes, and more!!! If you are celebrating a birthday in February, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

LUNCH AND LEARN: HEALTHY AGING PRESENTATION with CONVIVA

Tuesday, September 16th, 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 be sure to reserve your spot in the app!**

CARDIO CHALLENGE

Thursday, September 18th, 9:15 – 10:00am, Wellness floor

Fall Into Fitness: Cardio Challenge

COFFEE AND CONVO

Monday, September 22nd, 10:00 – 11:00am, Lobby

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

POTLUCK: TASTE AND SWAP RECIPE EXCHANGE

Friday, September 26th, 11:30am – 12:30pm, Studio B

Bring your favorite **sweet treat** along with the **recipe** to share and exchange with others! A fun way to taste, connect, and collect new recipes.

ARTS AND CRAFTS

Monday, September 29th, 8:45 – 9:45am, Studio B

Celebrate the fall season by creating your very own **pumpkin-themed wreath**! Participants will design a festive wreath using autumn colors, leaves, and pumpkin accents—perfect for hanging on your front door or as a cozy fall decoration at home. No experience needed, just bring your creativity! Make sure to sign up in the app to reserve your spot!

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 for more information!