



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



JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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.**

LABOR DAY POTLUCK: SEPTEMBER MEMBER APPRECIATION

Monday, September 1, 11:00am – 1:00pm, Teen Center

Sign-up and bring your favorite dish to the Labor Day Potluck for fellowship and fun. **Registration not required.**

AOA (ACTIVE OLDER ADULTS) MEETING

Tuesday, September 2, 9:30 – 10:30am, Healthy Living Center

All are welcome to attend.

WEEKLY BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays, September 3, 10, 17, and 24, 10:00 – 11:00am, Pre-Teen Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, September 3, 10, 17, and 24, 1:00 – 2:00 pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

CROCHET CLASS

Monday, September 8 & 15, 10:00 – 11:30am, Healthy Living Center

Whether you are just starting out crocheting, or you have been crocheting for years, this crochet class is for you!

FOOD PANTRY MONDAYS

Monday, September 8, 15, 22, and 29, 12:00 – 2:00pm, Food Pantry

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. While supplies last. All are welcome to attend, no registration required. **No Food Pantry on September 1 due to holiday.**

POPSICLES FOR PATRIOT'S DAY

Thursday, September 11, 3:00 – 6:00pm, Outdoor Gazebo

Join us as remember and honor Patriot's Day with a tasty slushie while supplies last. Sugar-free option will be available.

AOA BOWLING AT KING PINS BOWLING/THE POTTER'S HOUSE

Wednesday, September 17, 12:00 – 2:00pm, 5310 Lenox Ave, 32205

Strike! Have fun bowling with the AOA! Free with registration. Transportation is not provided. There is limited capacity so sign-up today.

BINGO WITH BEVERLY!

Friday, September 19, 10:00am – 12:00pm, Pre-Teen Center

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun. All are welcome to attend.

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, September 22, 11:00am – 12:30pm, Healthy Living Center

Introducing "Conversations with Sandra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

THE CONNECTION COLLECTIVE: MENTAL WELLNESS GROUP

Tuesday, September 23, 12:30 – 1:30pm, Healthy Living Center

This mental wellness peer-led series, with Mr. Robert, aims to educate and empower individuals to improve their mental health and well-being with specialized topics for adults.

MID-DAY MOVIE: WAR ROOM

Tuesday, September 30, 11:00am – 1:00pm, Teen Center

Enjoy the movie, War Room (2015). A seemingly perfect family looks to fix their problems with the help of Miss Clara, an older, wiser woman. Rated PG. Popcorn served.