



# 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.

**MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | 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).**

**Want more information about our events? Email Christine at [csouders@fcymca.org](mailto:csouders@fcymca.org).**

### **Arts and Crafts: "Let's Cut Up!" Shirt Cutting Workshop**

**Wednesdays, August 6<sup>th</sup>, 12:30 – 1:30pm, Lobby**

Do you have a shirt that doesn't fit right or is it boring? This is the workshop for you. You will learn how to cut your shirt in stylish, fun ways. **Bring your cotton T-shirt and scissors.** Let's learn how to cut a style in it.

### **Walking Club: Nature Nomads**

**Thursday, August 7<sup>th</sup>, 6:30 – 7:30pm, meet at Peters Point Beachfront Parking Lot (near Ritz-Carlton Amelia Island)**

Let us take a nice walk in a natural setting to observe and appreciate Fernandina Beach. Weather permitting.

### **Coffee and Conversation: Open Discussion at Aloha Bagels**

**Friday, August 8<sup>th</sup>, 11:00am – 12:00pm, Aloha Bagels (432 South 8<sup>th</sup> Street)**

Bring a friend, neighbor, or family for a social connection with your YMCA community and have a nice lunch.

### **Arts and Crafts**

**Wednesday, August 13<sup>th</sup>, 12:30 – 2:00pm, Studio B**

Time to get creative! Participate in our arts & crafts event, where we have different craft each month.

### **Bible Study Group – Philippians 4:4-9 Rejoice in the Lord Always**

**Friday, August 15<sup>th</sup>, 2:00 – 3:00pm, Studio B**

Gather to study the Holy Bible. A worksheet will be provided to write down your thoughts and share. All denominations are welcome.

### **Meet and Greet for our AOA (ACTIVE OLDER ADULTS)**

**Monday, August 18<sup>th</sup>, 12:00 – 12:30pm, Studio B**

Join us to welcome new members and connect with others in your Y community. Open discussion.

### **Trivia and Lunch**

**Tuesday, August 19<sup>th</sup>, 12:00 – 1:00pm, Studio B**

Trivia is a fun way to test your mind and challenge your inner intelligence...all with your Y friends!

### **Walking Club: Nature Nomads**

**Thursday, August 21<sup>st</sup>, 6:30 – 7:30pm, meet at Fernandina Beach Main Beach**

Let us take a nice walk in a natural setting to observe and appreciate Fernandina Beach. Weather permitting.

### **Tech 101: Learn more about the FCYMCA App**

**Monday, August 25<sup>th</sup>, 10:30 – 11:30am, Lobby**

Technology can be a bit difficult...let us help make it easier to navigate! Bring your phone and we can help you set up the FCYMCA App. We can walk you through some of the great features the app has to offer, such as checking your Perkiwauke points, booking your favorite group exercise class, and navigating alerts from the Y.