



# 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) | 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 11<sup>th</sup> from 9:00am to 12:00pm**



# IT'S NEVER TOO LATE TO FEEL GREAT.

**MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | 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](https://fcymca.org).**

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

**Thursday, September 4th, 6:30 – 7:30pm, Peters Point Beachfront Parking Lot (near Ritz-Carlton Amelia Island)**

Join us on a nice nature walk at Peters Point Beach to observe and appreciate our local beaches. We will meet at Peters Point beach in the front parking lot near the bathrooms and picnic tables. Weather permitting.

### **Chat and Chew: Meet and greet with open discussion**

**Wednesday, September 10th, 11:45am – 12:30pm, Lobby**

Bring a friend, neighbor, or family for a social connection with your YMCA community. Please bring a bag lunch to enjoy.

### **Pickleball 101: Pickleball for Beginners**

**Thursday, September 11th, 9:00 - 10:00am, Gymnasium**

Who is ready to learn pickleball? Learn the basic and fundamental skills of pickleball.

**Only 12 Spots Available...reserve your spot in the app TODAY!**

### **Book Club**

**Friday, September 12th, 2:00 - 3:00pm, Studio B**

Bring a book of your choice to share with a group. Share your thoughts and listen to others.

### **Brunch and Learn with Y Healthy Living: Fall Prevention and EnhanceFitness**

**Tuesday, September 16th, 11:00am – 12:00pm, Studio A**

Come join us for a presentation on fall prevention and our upcoming program, EnhanceFitness, from our YMCA Healthy Living team. Brunch will be provided to all participants. Registration in our app or online is required.

### **Arts and Crafts**

**Wednesday, September 17th, 12:30 – 2:00pm, Studio B**

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

### **Trivia**

**Monday, September 22nd, 10:30 - 11:30am, Studio B**

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

### **Tech 101: FCYMCA App**

**Wednesday, September 24th, 12:30 - 1:30pm, Lobby**

Technology can be a bit difficult. Bring your phone and we can help you set up the FCYMCA App. We will walk you through some of the great features the app has to offer, such as checking your Perkville points, booking your favorite group fitness class, and receiving alerts from the Y!