



# IT'S NEVER TOO LATE TO FEEL GREAT.

**ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | 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).**

### **MUSIC AND MEMORIES**

**Monday, August 4<sup>th</sup>, 10:30 to 11:30am, FORMER CYCLE ROOM**

Let's create memories with friends, listening to music and journaling our most enjoyed moments in life.

### **POTLUCK: NATIONAL CHOCOLATE COOKIE DAY**

**Monday, August 4<sup>th</sup>, 10:30am to 12:30pm, LOBBY**

Join us for a sweet and social morning as we celebrate *National Chocolate Cookie Day* with a potluck gathering! Bring your favorite dish to share, and we'll provide the cookies—plenty of them. It's a delicious opportunity to connect with fellow members, share stories, and enjoy a treat (or two!) together.

### **TECHIE TUESDAY**

**Every Tuesday, starting August 5<sup>th</sup>, 10:30 to 11:30am, FORMER CYCLE ROOM**

Having problems with the new technology? Can't figure out the YMCA app or how to sign up for classes? Stop by and see Angie to help with those techie issues every Tuesday during the month of August.

### **MAHJONG**

**Every Wednesday, starting August 6<sup>th</sup>, 12:30 to 3:00pm, FORMER CYCLE ROOM**

Put your mind to the test with a fun game of Mahjong every Wednesday during the month of August.

### **NATIONAL PICKLEBALL DAY**

**Friday, August 8<sup>th</sup>, 1:00 – 3:00pm, BASKETBALL GYM**

It's National Pickleball Day!!! Please join your YMCA friends in the basketball gym with an open play game of Pickleball. If you don't know how to play, please come and watch so you can join us for future games with friends.  
**(PLEASE REGISTER IN YOUR APP UNDER HEALTHY AGING)**

### **CHAT AND CHEW: INTRODUCING SILVER SINGLES SOCIAL**

**Mondays, August 11<sup>th</sup> and August 25<sup>th</sup>, 10:30am to 12:00pm, FORMER CYCLE ROOM**

Whether you're interested in catching a movie, taking a walk, sharing a meal, or enjoying everyday moments—join us in creating meaningful connections. This welcoming group is open to individuals who live alone, have experienced loss, or simply wish to engage in friendly conversation and rejoin the social community.

### **ARTS AND CRAFTS: SUNCATCHERS**

**Thursday, August 21<sup>st</sup>, 10:00am to 12:00pm, FORMER CYCLE STUDIO**

Add a splash of color and light to your day by joining us for a relaxing suncatcher-making session! We'll provide all the materials—just bring your creativity and enjoy good conversation as you craft a cheerful window decoration that reflects your unique style.

### **BIRTHDAY CELEBRATION**

**Tuesday, August 26<sup>th</sup>, 10:00am to 12:00pm, FORMER CYCLE STUDIO**

Are you or someone you know celebrating an August birthday? Please join us in celebrating yours or someone else's birthday during the month of August.

**Don't forget your PUNCH!**

**TEN punches on your 50 & Better punch card(s) enters you to win a PRIZE  
Pick up your card at the Welcome Center today!**



# 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.