



# 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.

**ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | 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](http://fcymca.org).**

### **MUSIC AND MEMORIES**

**Every Monday, starting September 1<sup>st</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.

### **TECH 101: TECHIE TUESDAY**

**Every Tuesday, starting September 2<sup>nd</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 September 3<sup>rd</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 September.

### **POTLUCK: NATIONAL PIZZA DAY**

**Friday, September 5<sup>th</sup>, 10:30 to 11:00AM, FORMER CYCLE ROOM**

It's National Pizza Day!!! Please join us in the Former Cycle Room to learn about healthy pizzas and how to make with affordable ingredients.

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

**Mondays, September 15<sup>th</sup> and September 29<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.

### **PRESENTATION: INFORMATION SESSION with the COUNCIL ON AGING (COA)**

**Thursday, September 18<sup>th</sup>, 10:00 to 11:00AM, FORMER CYCLE STUDIO**

Please join us and learn what COA provides to its 60 + community and learn a wide range of programs and services designed to help seniors stay independent, live at home longer, and maintain a high quality of life.

### **ARTS AND CRAFTS: WINE GLASS ART**

**Friday, September 21<sup>st</sup>, 10:00AM to 12:00PM, FORMER CYCLE STUDIO**

Please join us as we turn plain old wine glasses into fall art!!! 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, September 30<sup>th</sup>, 10:00AM to 12:00PM, FORMER CYCLE STUDIO**

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

**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!**