



# 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.

**WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 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](http://fcymca.org).

### Crochet / Knitting Class

**Mondays in August, 1:30 – 3:30pm, Teaching Kitchen**

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested we are working projects to donate to the Ronald McDonald House in San Marco. Some supplies available. All levels welcome! Snacks provided.

### PING PONG

**Tuesdays, 1:00 – 3:00pm, Court A**

Reservations not required.

### Bible Study

**Friday, August 1<sup>st</sup>, 11:00am – 12:00pm, Conference Room**

Studying 31 Women of the Bible available on Amazon. Please bring your Bible and notebook as well. All denominations are welcome.

### Party & Play: Birthdays and BINGO

**Tuesday, August 5<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Come celebrate our fellow members with August birthdays...and enjoy some BINGO fun!

### Art Gallery Free Tour

**Friday, August 8<sup>th</sup>, 11:00am – 1:00pm, The Art Center (320 East Adams Street)**

August's Artist of the Month is one of our very own SilverSneakers members! Light refreshments served, and a raffle drawing will be held at 12:00pm.

### Brunch & Learn

**Tuesday, August 12<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen** (Topic: What is a Teachable Caregiver? By Baptist Health)

**Tuesday, August 19<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen** (Topic: Budgeting Basics with VyStar)

### Bowling

**Wednesday, August 20<sup>th</sup>, 12:00 – 2:00pm, King Pin Lanes (5310 Lenox Avenue)**

Join us for some bowling fun! \$8.50 gets you 2 games, shoes, hot dog, a drink, and chips.

**\*Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!\***

### Coffee & Conversation

**Tuesday, August 26<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Join us for lighthearted discussion over a warm cup of coffee with your Y friends!

### Lunch Bunch

**Tuesday, August 26<sup>th</sup>, 11:45 – 1:00pm, River & Post (1000 Riverside Avenue, Suite 100)**

One lucky participant will have their lunch paid for by the Y!

**\*Participants are responsible for paying for their meals.\***

## FLORIDA BLUE SPONSORED EVENTS

**(Please register for these events directly with Florida Blue in our Healthy Living Center.)**

### Senior Tech

**Friday, August 22<sup>nd</sup>, 11:00 am – 12:30 pm, Teaching Kitchen** (Topic: How to be more productive with your device)

### Florida Blue Senior Painting

**Friday, August 29<sup>th</sup>, 11:00am – 12:00pm, Teaching Kitchen**

## **Don't forget your monthly PUNCH CARD!**

**TEN** punches on your Silver Punch Card enters you to win **PRIZES** each month!

**Pick up your card at the Welcome Center TODAY!** (one card per member, please)