



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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 11th**



Youth Mental Health First Aid is
coming this fall for all
parents/guardians of youth ages 12
to 18.

Keep you eye out for more info
coming soon!

Your Health won't wait - Why Should You?

Take change 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.

YMCA AT FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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.

Mahjong Mondays

Every Monday in August, 1:00 - 4:00pm, Trinity North Church

Calling Mahjongg players!! If you are a seasoned player or just want to learn what Mahjongg is all about, this is for you. Please email Lisa Dole at Ldole@fcymca.org for more information.

Bible Study at the Y

Wednesdays, August 6th & 20th 1:30 - 3:00pm, Trinity North Church

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All denominations are welcome. The Bible is a part of daily life for both men, and they look forward to exploring the Word with you in whatever form will best meet the needs of our collective group.

GriefShare

Thursdays beginning August 21st, 1:30 - 3:30pm, YMCA Multi-Purpose Room

Need help dealing with grief! A support group to help you move through the grief process. A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week group, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

Book Club: For the Love of Reading!

Tuesday, August 12th, 1:00 - 3:00pm, Trinity North Church

Our discussion will be based on the book *James* by Percival Everett. The story of Huck Finn told through the eyes of the slave Jim. We will have lunch and enjoy discussion. **Lunch will be at the Café inside the church; participants will be responsible for paying for their own meals.**

Game Day!

Wednesday, August 13th, 12:45 - 1:45pm, Trinity North Church

Come join other individuals who love to play Board Games, Cards, Puzzles and other social games. Bring your own game and teach others how to play! Come ready to laugh and have fun!

Close-KNIT Game Crew

Friday, August 15th, 1:00 - 2:00pm, Trinity North Church

Do you like to crochet or knit? Do you have yarn you would like to use? Join us, use your own pattern, or use one we have. We can teach basic crochet skills if you would like to learn! If crochet and knitting are not for you, join us for games and conversations. All games are provided.

Lunch Bunch: Simone's Wood-Fired Craft Kitchen

Friday, August 22nd, 12:30 - 2:00pm, Meet at Simone's Restaurant in Murabella

Join us for food and friendship. Please make sure to reserve your spot in the app!

Members will be responsible for paying for their own meals.

BINGO!

Wednesday, August 27th, 1:30 - 2:30pm, Trinity North Church

Join us as you yell...BINGO! Win prizes while making friends! Bring a smile and be ready to laugh!