



# 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



**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.

YMCA AT NOCATEE | 400 Colonnade Drive | 904.671.9622 | **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).

Want more information about our events? Email Libby at [ehlumberg@fcymca.org](mailto:ehlumberg@fcymca.org).

### Mahjong Meetup

**Every Friday, 2:00 – 5:00pm, Multi-purpose Room**

If you are a Mahjong lover, come see us every Friday at the Y for fun and friendship! **\*Requirements: Must know how to play and have a card.\***

### Special Presentation with our YMCA Registered Dietician

**Wednesday, August 6<sup>th</sup> 12:00 - 12:45pm, Multi-purpose Room**

Join the YMCA's Registered Dietician, Jessica, for "Eat to Remember, Eat to Move: Nutrition for Mind and Mobility."

### Special Class: Chair Yoga Pop-up

**Fridays, August 8<sup>th</sup> and 22<sup>nd</sup>, 3:15 - 4:00pm, Studio A**

Join instructor Jill for a special pop-up Chair Yoga class featuring gentle, breath-led movement – seated or with chair support. Rooted in yoga's healing traditions, this practice enhances strength and mobility, while intuitively guiding you back to your body's natural intelligence.

### Mindful Meditation

**Fridays, August 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> 1:15 - 1:45pm, Studio A**

Join instructor Libby for a brief guided meditation aimed to relax the mind and body, provide clarity, and prepare you for meditating on your own.

### Lunch Bunch

**Wednesday, August 13<sup>th</sup>, 12:30 – 2:00pm, South Kitchen (150 Pine Lake Drive, Suite A)**

Food and friendship! Enjoy a yummy lunch while socializing with your fellow members.

***Participants will be responsible for paying for their own food.***

### Coffee and Convo

**Wednesday, August 20<sup>th</sup>, 9:30 – 10:30am, Seasons Café at the YMCA**

Join fellow members over the fragrant aroma of coffee and good conversation. Meet new friends!

***Participants will be responsible for paying for their own coffee.***

### Tech 101: eGym

**Wednesday, August 20<sup>th</sup>, 3:00 – 3:30pm, Multi-purpose Room**

eGym is a smart strength training system that automatically adjusts to your body and goals for a personalized workout. Join our Wellness Team members for a Q&A session to learn more.

### Book Club

**Tuesday, August 26<sup>th</sup>, 3:30 - 4:30pm, Multi-purpose Room**

Join fellow members in a meaningful discussion of this month's book: A Land Remembered, by Patrick D. Smith.