



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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 11th from 9:00am to 12:00pm



IT'S NEVER TOO LATE TO FEEL GREAT.

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

Email eblumberg@fcymca.org with questions or suggestions.

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.****

Mahjong 101

Fridays, September 12th, 19th, and 26th, 12:30 - 2:00pm, Multi-purpose Room

Learn how to play Mahjong with volunteer member, Amy.

Meeting: Member Chat

Monday, September 8th, 1:30 - 2:30pm, Multi-purpose Room

Join Healthy Aging Coordinator, Libby, for a chat about the Healthy Aging Program. Ask questions and make suggestions for what you would like to see in the program.

Healthy Aging Social

Wednesday, September 10th, 4:00 - 6:00pm, Coastal Wine (300 Pine Lake Drive, #101)

Join fellow members for a time of community, friendship, and laughter at Coastal Wine's brand new location!

Lunch Bunch

Monday, September 15th, 1:15-2:30pm, Cantina Louie, 1900 US Hwy 1 South

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

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

Special Class: Total Body Strength

Monday, September 22nd, 2:15 - 3:00pm, Studio A

Join instructor Jen C. for a total body workout designed for active older adults.

Coffee and Convo

Wednesday, September 24th, 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.****

Book Club

Tuesday, September 30th, 3:30 – 4:30pm, Multi-purpose Room

Join the club in compiling a list of fabulous books to read in the coming months. Bring your suggestions!