



# 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 you eye out for more info  
coming soon!

## Your Health won't wait - Why Should You?

Take chage 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 WILDLIGHT** | 251 Breezeway Street | 904.849.9622 | **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).**

### **Walking Club**

**Saturdays, August 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>, 9:00 – 10:00am, Upstairs Walking Track**  
Come with your walking shoes on as you join Mrs. Evelyn for some walking and talking.

### **BINGO!**

**Thursdays, August 7<sup>th</sup>, 12:00 – 1:00pm, Teen Center**

Who doesn't love the classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **Please feel free to bring yourself some lunch or a snack to enjoy while playing.**

### **Chat & Chew**

**Tuesday, August 12<sup>th</sup>, 11:30am – 12:30pm, Teen Center**

Join us for a relaxing morning of conversation, coffee and light refreshments.

### **Game Day**

**Thursday, August 14<sup>th</sup>, 12:15 – 1:00pm, Teen Center**

Come join us for a few rounds of UNO, Connect Four, I Declare War, and more fun games.

### **Salad Social**

**Monday, August 18<sup>th</sup>, 1:00 – 2:00pm, Teen Center**

Come join us and enjoy a yummy salad creation! We'll have some leafs and laughs...along with some crisp conversation while enjoying our delicious greens. Please sign up to bring a topping of your choice, such as shredded cheese, carrots, tomatoes, broccoli, boiled eggs, a meat protein, salad dressing, croutons, etc. Sign-up sheet will be by the scanner box - **PLEASE sign up for an item by Friday, August 15<sup>th</sup>.**

### **Arts & Crafts: Tie Dye**

**Tuesday, August 19<sup>th</sup>, 11:30am – 12:15pm, Outside Side of the Building**

Join us for some Tie Dye fun, please bring your white clothing items of choice, such as t-shirts, socks, or bandanas etc. The YMCA will provide all the necessary tools to dye your item of choice. We will have white bandanas to tie dye, as well.

### **Lunch Bunch**

**Wednesday, August 20<sup>th</sup>, 12:15 – 2:00pm, Meet at Bohemian Bull**

Join us at Bohemian Bull for some delicious half-priced Burger's and great convo. PLEASE be sure to reserve your spot in the app by Tuesday August 19<sup>th</sup>, so I can call to get reservation! **\*Participants will be responsible for paying for their own meals.\***

### **Arts & Crafts: Candle Making**

**Tuesday, August 26<sup>th</sup>, 11:30am – 12:15pm, Teen Center**

Join us as we create our very own candles. Add your own color and scent to create a wonderful masterpiece.

### **Cooking Demonstration with Feeding Northeast Florida**

**Thursday, August 28<sup>th</sup>, 12:00 – 1:00pm, Teen Center**

Enjoy a cooking demonstration with Eric from Feeding Northeast Florida as he teaches how to focus on healthy habits and cooking confidence! Small food samples will be provided to all that attend.