



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | August 2026

Healthy Living Starts at the Y Your Path to a Healthier You Begins Here!

12-Week Weight Loss Program

Build Healthy Habits That Last

The YMCA's 12-Week Weight Loss Program helps participants create lasting lifestyle changes through weekly education, goal setting, and support from a trained YMCA Lifestyle Coach. Rather than focusing on quick fixes, this program teaches practical strategies that can be maintained long after the program ends.

Participants will learn how to:

- 🥗 Build balanced, nutritious meals
- 💪 Add physical activity into everyday life
- 📏 Understand portion sizes and mindful eating
- 🎯 Set realistic, achievable goals
- 👏 Stay motivated with group support and accountability

Perfect for anyone looking to lose weight, improve their health, and build confidence in making healthier choices.



YMCA Diabetes Prevention Program

Reduce Your Risk. Improve Your Health.

If you've been diagnosed with prediabetes or are at high risk for developing Type 2 diabetes, the YMCA's CDC-recognized Diabetes Prevention Program can help you take control of your health.

Led by a trained YMCA Lifestyle Coach, participants meet regularly to learn how healthy eating, increased physical activity, and sustainable lifestyle changes can significantly reduce their risk of developing Type 2 diabetes.

Throughout the program you'll:

- 🍎 Learn healthier eating habits
- 🚶 Increase physical activity at a pace that works for you
- 📊 Track progress and celebrate milestones
- 👏 Receive encouragement from a supportive group
- ❤️ Build healthy habits that last a lifetime



Interested in joining?

Speak with a YMCA staff member or email myhealth@fcymca.org today to learn about upcoming classes and registration.



BROOKS FAMILY YMCA

10423 Centurion Parkway N.

904.854.2000

AUGUST 2026

Events and Activities

npayne@fcymca.org

Events are offered at no cost and require reservations, with reservations open at newsletter publication time (unless otherwise noted).

Reservations can be made in our FCYMCA app or online at fcymca.org.

BIBLE STUDY Every Friday, 12:00-1:00pm, Studio D

All denominations are welcome. Weekly reading of devotionals and related scripture.

GAMES AND GAB - RUMMIKUB

Tuesday, August 4 and August 18, 11:30am - 12:30pm, Studio D

This month we'll be featuring **Rummikub!** Combine strategy and luck as you build matching sets and number sequences. A favorite for players of all skill levels!. Other games will be available, but we are featuring a new game each month.

AMERICAN MAHJONG

Wednesdays, August 5 & 19, 10:00 – 11:00am, Studio D

Tuesdays, August 11 & 25, 11:30am – 12:30pm, Studio D

RESERVATIONS REQUIRED! Limited to 16 participants...be sure to reserve your spot!

Mahjong is a fun and social tile game that combines strategy, skill, and a little luck. Players work to complete specific tile combinations using the official card...a great way to challenge your mind while socializing!

LUNCH BUNCH Monday, August 10, 12:30 - 2:00pm, V's Pizza (7510 Gate Parkway)

Join us for food, fellowship, and FUN! Participants will be responsible for their meal.

BOCCE BALL Wednesday, August 12, 11:45am - 12:45pm, Studio B

Indoor Bocce Ball is a fun, low-impact game that's easy to learn and enjoyable for all skill levels. Players take turns rolling bocce balls to get as close as possible to the target ball, making it a great way to stay active, socialize, and enjoy some friendly competition. Game can be played standing or seated.

NEW MEMBER ORIENTATION Wednesday, August 12, 1:15 – 2:15pm, Studio D

Make the most of your YMCA membership! Join us to discover all the benefits available to you, including Y Rewards, registering for group fitness classes, complimentary Fast Forward Fitness personal training sessions, and much more. It's the perfect way to get connected and start reaching your wellness goals!

SPECIAL EVENT! END OF SUMMER POTLUCK

Wednesday, August 19, 11:30am - 1:00pm, Conference Room

Celebrate the end of summer with your YMCA friends! Join us for an afternoon of great food, laughter, and fellowship as we enjoy one last summer gathering. **Please bring a favorite dish to share and RSVP to npayne@fcymca.org with what you'll be bringing so we can plan for everyone.**

VOLUNTEER MEETING Friday, August 21, 10:00 - 11:00am, Studio D

Volunteering at the Y is a meaningful way to give back and make a real difference in your community. Learn about all the wonderful opportunities to lend your time and talent to the Brooks Y!

BINGO! Friday, August 21, 12:00 – 12:30pm, Conf Room

Bingo is a fun, social game that's easy to learn and enjoyable for all ages. Players match numbers with the excitement building as they get closer to calling "Bingo!" Small prizes are awarded to the winners.

BOOKS@BROOKS BOOK CLUB: "THE WITNESS" BY NORA ROBERTS

Thursday, August 27, 2:15 - 3:15pm, Studio D

A brilliant woman on the run finds an unexpected chance at love—but the dangerous past she's been hiding is closing in. A suspenseful blend of romance, mystery, and thrilling twists. Reading the book is encouraged, but not required. 2026 Book List available upon request.

HAVE SUGGESTIONS, INSPIRATION, OR FEEDBACK? Please reach out to Nicole Payne, Brooks Family YMCA Healthy Aging Coordinator, at npayne@fcymca.org.