



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.



DYE CLAY FAMILY YMCA

3322 Moody Avenue
904.272.4304

August 2026 Events and Activities

ksutton@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.

If you are unable to keep your reservation(s),
PLEASE CANCEL out of consideration for others.

COFFEE AND CONVO

Monday, August 3rd, 9:30 – 10:30am, Lobby

Join Kimberly for Coffee & Conversation! Enjoy a cup of coffee, connect with friends, and learn about upcoming events, classes, and activities. Whether you're new to the YMCA or a familiar face, everyone is welcome.

PARTY AND PLAY: Bingo and Birthdays

Thursday, August 6th, 12:30 - 1:30pm, Studio B

Fun, prizes, and more!!! If you are celebrating a birthday in August, stop by BINGO and enjoy a sweet treat with your friends and family.

ARTS AND CRAFTS: Wooden Spoon Beehive Kitchen Decor

Friday, August 7th, 12:15 - 2:15pm, Studio B

Join Kim for a fun and relaxing craft class as she guides you step by step in turning a simple wooden spoon into an adorable beehive kitchen decoration. No experience is necessary—just bring your creativity and enjoy a fun, inspiring time!. **15 spots available...be sure to make your reservation!**

LUNCH & LEARN: Hurricane Preparedness, presented by The Red Cross & ArchWell Health

Friday, August 14th, 12:15 - 1:15pm, Youth Center

Stay informed and prepared this hurricane season. Join The Red Cross and ArchWell Health for valuable tips and resources. Lunch will be provided to all registrants. **20 spots available...be sure to make your reservation!**

Senior Chair Volleyball

Tuesday, August 18th, 12:45 - 1:45pm, Gymnasium

Join us for a fun and engaging game that's easy on the joints and great for staying active! Improve coordination, mobility, and teamwork while enjoying friendly competition and lots of laughs. All skill levels are welcome.

POTLUCK POOL PARTY

Friday, August 21st, 12:00 - 2:00pm, Pool

Join us as we celebrate the end of summer with a fun-filled Pool Party Potluck! Bring your favorite dish to share, enjoy great food, relax by the pool, and spend time with friends as we wrap up the season together. Register in the app and come ready for an afternoon of fun!

ARTS AND CRAFTS: Origami with Cheryl

Thursday, August 27th, 12:30 - 1:30pm, Youth Center

Join Cheryl for a fun and relaxing Origami class as she guides you step by step in creating beautiful paper-folding projects. No experience is necessary—all skill levels are welcome!. **15 spots available...be sure to make your reservation!**

FIELD TRIP: Anything Goes at The Island Theater

Saturday, August 29th, 7:30 - 9:30pm, The Island Theater (1860 Town Center Blvd.)

Meet up with your Y friends to enjoy a performance of *Anything Goes*! Please note that transportation is not provided. **Register in the app to reserve your spot, then pay at the theater upon arrival. Only 15 spots available...be sure to make your reservation!**