



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.



Interested in joining?

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

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



JOHNSON FAMILY YMCA

5700 Cleveland Road

904.765.3589

AUGUST 2026

Events and Activities

fmcglown@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.

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, August 3, 9:30 – 10:30am, Healthy Living Center

All are welcome to attend.

BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays, August 5, 12, 19, and 26, 10:00 – 11:00am, Pre-Teen Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, August 5, 12, 19, and 26, 1:00 – 2:00pm, Front Lawn

Come learn about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

FOOD PANTRY WEDNESDAYS & FRIDAYS at Johnson Family YMCA

Wednesdays, 3:00 – 5:00pm AND Fridays, 12:00 – 2:00pm

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. **While supplies last. All are welcome to attend, no registration required. Valid ID needed for first visit.**

CROCHET CLUB with MR. KING

Monday, August 10 and 17, 10:00 – 11:30am, Healthy Living Center

Whether you are just starting out crocheting or have been for years, this crochet club is for you.

AUGUST MEMBER APPRECIATION: YOGURT PARFAITS & FRUIT SMOOTHIES

Thursday, August 13, 7:00 – 9:00am, Teen Center

Enjoy a yogurt parfait or fruit smoothie for August's Member Appreciation, Birthdays, and Recognitions, while supplies last. All are welcome to attend. **Please be sure to reserve your spot in the app or online so we can have an accurate head count.**

MOTOWN DANCE PARTY

Saturday, August 22, 11:00am – 12:30pm, Gymnasium

We heard it through the grapevine! Put on your dancing shoes and get ready to groove because we are throwing a Motown Dance Party! Refreshments will be provided with reservation.

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, August 24, 11:00am – 12:30pm, Healthy Living Center

Introducing "Conversations with Sandra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

GAME DAY: DEAL ME IN! CARD GAME CLUB

Tuesday, August 25, 11:30am – 12:30pm, Healthy Living Center

Come together to play, trade, and explore various card games, like Bid Whist, Spades, and Down & Dirty, honing in on strategies and skills with new friends.

WINSTON YMCA SOCK HOP

Saturday, August 29, 1:00 – 4:00pm, Winston Family YMCA, 221 Riverside Ave., 32202

We're invited to the Winston Family YMCA Sock Hop! Come dance and meet new friends while representing the Johnson Family YMCA. Wear your Johnson Y gear and attire! **Please be sure to reserve your spot in our app TODAY!**