



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.



ST. AUGUSTINE YMCA

500 Pope Road / 904.471.9622

WEST AUGUSTINE YMCA

938 West King Street / 904.856.9622

AUGUST 2026

Events and Activities

mculpepper@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.

EVENTS at ST. AUGUSTINE FAMILY YMCA (Pope Road)

COMMUNITY CLOSET DONATIONS (accepting donations through August 26th)

Help us make a difference! Donate new and/or gently used clothing, shoes, and accessories to our YMCA Community Closet that will be held on Saturday, August 29th from 10:00am – 1:00pm at our West Augustine YMCA. Join us as we make a positive impact in our community.

WALKING CLUB

Every Thursday, 7:30 - 8:15am, meet in the LOBBY

Join Dawn every Thursday to enjoy a walk to the pier and a view of the beach!

ARTS AND CRAFTS: SEASHELL PAINTING

Monday, August 3rd, 10:00 – 11:30am, OUTSIDE PATIO

Come paint with us! Seniors are invited to enjoy this creative seashell painting class on their own or share the experience with their grandchildren. It's the perfect opportunity to relax, have fun, and create a special keepsake.

BEGINNER LINE DANCING

Tuesdays, August 4th and August 18th, 1:30 – 2:15pm, STUDIO A

Join Lori for a beginner-friendly line dancing class! Put your dancing shoes on and enjoy easy to follow dances, great music, and a fun opportunity to connect with friends!

BIBLE STUDY

Wednesdays, August 12th and 26th, 1:15 – 2:00pm, STUDIO A

Join LaVay for a meaningful time of Bible study, fellowship, and encouragement. All denominations are welcome as we grow in faith through scripture and uplifting discussion.

WORLD HONEYBEE DAY APPRECIATION

Saturday, August 15th, 9:00 – 10:30am, LOBBY

Please join us in our lobby for a sweet celebration honoring Honeybee Day! Enjoy a honey-inspired snack and a tasty honey stick treat and friendly fellowship! **No reservation required!**

BIRTHDAY PARTY

Friday, August 28th, 10:00 – 11:30am, LOBBY

Please join us in celebrating yours or someone else's birthday for the month of August.

EVENTS at WEST AUGUSTINE YMCA (King Street)

MAHJONG

Every Wednesday, 12:30 - 3:30pm, WELLNESS ROOM

Let's get ready for some Mahjong! Players of all levels are welcome to join in the fun!

COMMUNITY CLOSET

Saturday, August 29th, 10:00am – 1:00pm, Outside Walkway

Stop by our YMCA Community Closet to browse free clothing and essentials available to individuals and families in our community. Together, we're sharing kindness, hope, and support-one donation at a time. **No reservation required.**