



# 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 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](mailto:myhealth@fcymca.org) today to learn about upcoming classes and registration.



## WINSTON FAMILY YMCA

221 Riverside Avenue

904.355.1436

**AUGUST 2026**

**Events and Activities**

[kplum@fcymca.org](mailto:kplum@fcymca.org)

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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](http://fcymca.org).

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### Crochet / Knitting Class

**Mondays, 1:30 – 3:30pm, Teaching Kitchen**

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. We are also working on projects to donate to the Ronald McDonald House. Some supplies available.

### Party & Play: Birthdays and BINGO

**Tuesday, August 4<sup>th</sup>, 10:00 – 11:00 am, Teaching Kitchen**

Come celebrate our fellow members with August birthdays...and enjoy some BINGO fun!

### Bible Study

**Friday, August 7<sup>th</sup>, 11:00am – 12:00pm, Teaching Kitchen**

Studying from Joyce Meyer's *In Search Of Wisdom, Life Changing Truths From The Book Of Proverbs*. Available on Amazon. Reading from Proverbs Chapter 8. Please bring your Bible and Notebook as well. All denominations are welcome!

### Brunch & Learn

**Tuesday, August 11<sup>th</sup>, 10:00am – 12:00pm, Teaching Kitchen**

Join us for a cooking demonstration with Kerri Napoleon, our YMCA Registered Dietician. **Registration required! Brunch will be provided to all registrants.**

### Lunch Bunch

**Thursday, August 13<sup>th</sup>, 11:45am – 1:00pm, Leci's Italian Café (9475 Philips Highway)**

Join us for food, fun, and friendship. One lucky participant will have their lunch covered by the Y!

**\*Participants are responsible for paying for their meals.\***

### TECH 101

**Tuesday, August 18<sup>th</sup>, 10:00am – 1:00pm, Teaching Kitchen**

Bring your iPad, smartphone & questions. Y staff & Teen Leaders will be on hand to help with your devices.

**Brunch will be provided to all registrants. Reservations required!**

### Bowling

**Wednesday, August 19<sup>th</sup>, 12:00 – 1:30pm, Batt Family Fun Center (1838 Cassat Avenue)**

Join us for some bowling fun & healthy competition. \$15.00 gets 2 full games on private lanes. Lunch & shoes not included. **\*Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!\***

### Book Club

**Tuesday, August 25<sup>th</sup>, 10:00am – 1:00pm, Teaching Kitchen**

This month's book is Theo of Golden by Allen Levi.

### Painting Party

**Friday, August 28<sup>th</sup>, 10:00 – 11:30am, Teaching Kitchen**

Come unleash your inner artist....no experience required!

### 50's Sock Hop

**Saturday, August 29<sup>th</sup>, 1:00 – 4:00pm, Teaching Kitchen**

Music by a DJ...Refreshments Provided...Sneakers Required (to protect the gym floor)!

Come dance to your favorite oldies, enjoy great company, and relive the fabulous 50s! We can't wait to see you there! Please be sure to reserve your spot in the app or online so that we can plan accordingly!