



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.



YMCA AT FLAGER HEALTH VILLAGE

98 Turin Terrace

904.500.9622

AUGUST 2026

Events and Activities

ldole@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.

August programs for Healthy Aging will be held at Trinity North Church, 6350 CR 16A until August 10, then back at the Y after this date.

Mahjong Mondays

Every Monday, 12:30 - 3:00pm, Trinity North Campus/ YMCA Multi-Purpose Room

Calling all Mahjong players! Join us for fun Monday afternoons of playing your favorite game!

Mahjong 101 (August 17th, 12:30 – 3:00pm) The **third Monday** of the month will be a time when members can learn about the game and be taught how to play as seasoned players continue with Mahjong Mondays!

Bible Study

Wednesdays, August 5, 12, & 19, 1:30 – 3:00pm, Trinity North Campus/ YMCA Multi-Purpose Room

Our fellow members and volunteers, Alen Felumlee and David Greer, will be leading our community in faith-based studies. All denominations are welcome. We will be going through the New Testament.

Book Club

Tuesday, August 11th, 1:00 - 2:00pm, YMCA Multi-Purpose Room

I See You've Called in Dead by John Kenny. Bud Stanley is an obituary writer who is afraid to live. Yes, his wife recently left him for a "far more interesting" man. Yes, he goes on a particularly awful blind date with a woman who brings her ex. And yes, he has too many glasses of Scotch one night and proceeds to pen and publish his own obituary.

Game Day!

Thursday, August 13th, 12:30 - 1:30pm, YMCA Multi-Purpose Room

Join us for a fun game of Mexican Train dominoes, if dominoes is not for you we also have Scrabble, and Rummikub. Just come with a smile and willingness to meet new people and learn a new game.

BINGO!

Wednesday, August 26th, 1:00 - 2:00pm, YMCA Multi-Purpose Room

Join us as you yell your favorite word... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh! You won't want to miss it! Find out the secret of O99...hahahah!

Lunch Bunch: Texas Roadhouse

Friday, August 28th, 12:30 – 2:00pm, meet at Texas Roadhouse (410 Outlet Mall Blvd.)

Join us for food and friends! Please make sure to reserve your spot in the app! **Members will be responsible for paying for their own meals.**

Join the YMCA for our 12 Week Weight Loss Program, starting August 26th

Wednesdays from 10:00 – 11:00am, YMCA Multi-Purpose Room

The YMCA's 12-week Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors. This program helps participants build skills for successful lifestyle changes. **There is a \$100 cost for this program for members (\$150 for non-members). Please email Lisa at ldole@fcymca.org for more information.**