



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.



WILLIAMS FAMILY YMCA

10415 San Jose Blvd.

904.292.1660

AUGUST 2026

Events and Activities

mlewis@fcymca.org

**Events are offered at no cost and require reservations (unless otherwise noted).
Reservations can be made in our FCYMCA app or online at fcymca.org.**

Bible Study

Every Friday, 12:30 - 1:30pm, Healthy Living Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Urban Soul Line Dancing

Friday, August 7th, 6:00 – 7:30pm, Studio A

Join in the fun and bring a friend for some line dancing fun!!

Coffee and Convo: Meet Me at the Y Monday

Monday, August 10th, 10:00 – 11:00am, Lobby

Come enjoy a great cup of coffee, light snack, and a good conversation. Learn about different programs with Healthy Living, AOA and Wellness.

Game Day

Tuesday, August 11th, 3:00 – 4:30pm, Community Center

It's time for PING PONG! Also, enjoy a variety of different games. Bring your friends!

Lunch and Learn, sponsored by the YMCA Williams Wellness Department

Tuesday, August 11th, 12:00 – 1:00pm, Healthy Living Center

Join our trainers for knowledge on the latest training for Active Older Adults...along with food and fun! **Lunch provided to all registrants...reservations required!**

Book Club

Tuesday, August 18th, 1:15 - 2:30pm, Front Lobby

Blind date with a book! Bring a book wrapped up and swap out with other members! Invite a friend and let's get our Book Club back in action for 2026!

Arts and Crafts

Tuesday, August 18th, 3:00 – 4:30pm, Healthy Living Center

Staff-led and loads of fun! Come join us and make some one-of-a-kind sand art! Decoupage Oyster Shell Art!!

Crochet Club

Thursday, August 20th, 3:00 - 4:30pm, Healthy Living Center

Come and enjoy crocheting with your Y friends...and even learn how to crochet. We will make various items to donate to other nonprofit organizations.

Party and Play: Bingo & Birthdays!

Thursday, August 27th, 3:15 – 5:00pm, Studio B

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

Aloha Summer Pool Party Potluck

Friday, September 4th, 10:00 - 11:30am

Join the fun on the pool deck celebrating the holiday! Bring a dish and bring a friend!

Summer Pickleball Hours
(new schedule starts August 10th)
Monday - Friday
2:15 - 4:15pm
Sunday, 10:00am - 12:00pm

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Melinda Lewis at Mlewis@fcymca.org for more information!