



# IN MOTION

**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) | May 2025**

## Wellness Begins with Movement

May is for Taking Control of Arthritis

### Enhance®Fitness

**Moderate-impact classes with high-impact results**

Each class session includes cardiovascular, strength training, balance and flexibility exercises and the fostering of strong social relationships between participants.

Enhance®Fitness is geared toward older adults. Those with a chronic condition, such as arthritis, need not worry; they will never have to do anything that hurts. Participants can use chairs for support, if necessary, and increase the weight they use for strength training at their own pace. **Classes starting soon Register at the Welcome Center.**



Congratulations to all of our winners in the This is Y story contest. Your stories remind us of why the Y is more than a Gym!!

Each branch winner will be notified by May 15<sup>th</sup> to arrange delivery of your iPad.

Our overall association winners are as follows:

- 1st - Michelle Downer**  
**Johnson Family YMCA**
- 2<sup>nd</sup> - Elmer Smith III**  
**YMCA at Wildlight**
- 3<sup>rd</sup> - Shelly DeMendoza**  
**Winston**



Everyone can play a role in supporting mental health. Use your powers of observation to notice when someone may be struggling with a hard day, moment or situation.



# IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | MAY 2025

## MAY EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).  
Reservations can be made in our app and online at [fcymca.org](https://fcymca.org).

### REMI NDER! Come play PICKLEBALL at the Y!

Join us every Tuesday and Thursday from 10:30am – 12:30pm and  
Monday evenings from 6:00 – 8:00pm in the Gymnasium!

### Senior Chair Volleyball

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita to have fun with your Y friends while getting in a great workout.

### Coffee and Convo

Every Friday, 10:00am – 12:00pm, Common Area

Come for the coffee and stay for the fellowship!

### Spanish Club

Every Friday, 12:30 - 1:30pm, Family Activities Center

Master Spanish with Layla. Now every Friday!

### Book Club

Thursday, May 8<sup>th</sup>, 10:00 – 11:00am, Common Area

Join us for a morning discussion and deciding **next month's book**.

### Potluck: **Mother's Day Luncheon**

Friday, May 9<sup>th</sup>, 12:30 - 1:45pm, Family Activities Center

**Bring a dish to share while celebrating Mother's Day. Sign-up sheet located on HA table.**

### Arts and Crafts

Thursday, May 15<sup>th</sup>, 11:30 – 2:00pm, Family Activities Center

Come enjoy fellowship and creativity! We will be making a set of pressed flower glass votives.

**\*Sign up on app by May 12<sup>th</sup> to reserve your spot.**

### Dinner Out: **Mr. Chubby's Wings**

Tuesday, May 20<sup>th</sup>, 4:30 – 6:00pm

Mr. Chubby's Wings (2349 Village Square Parkway, #101)

Come and enjoy food and fellowship with your Y family. Please use the app to reserve your spot.

**\*Participants will be responsible for paying for their own meals.**

### Special Event: Aqua Luau

Saturday, May 24<sup>th</sup>, 10:00am - 12:00pm, Pool

Join us for an aqua class, followed by a poolside gathering to welcome summer!