



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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 15th to arrange delivery of your iPad.

Our overall association winners are as follows:

- 1st - Michelle Downer**
Johnson Family YMCA
- 2nd - Elmer Smith III**
YMCA at Wildlight
- 3rd - 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.

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | MAY 2025

MAY EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).

Reservations can be made in our FCYMCA app or online at fcymca.org.

(Search by selecting Classes, and then Filter by Healthy Aging class type.)

MEN'S BIBLE STUDY

Tuesdays, 6:30 - 8:00pm, Healthy Living Center

Men join us once a week for fellowship and spiritual growth as we study the Holy Bible. The study is led by Chris Raab and hosted by our fellow member Jeffrey Winters. For additional information, please contact Chris Raab at (904) 891-4460.

(Registration Class Name – Healthy Aging Bible Study)

MAH JONG

Wednesdays, 12:30 - 2:30pm, Healthy Living Center

If you would like to learn how to play Mah Jong, join us every Wednesday to learn and play the game. All skill levels, from beginners to experienced players, are welcome! Instructors will be present.

(Registration Class Name – Healthy Aging Mah Jong)

MAH JONG FOR SEASONED PLAYERS

Thursday, May 1st & May 22nd, 12:45 - 2:45pm, Healthy Living Center

Experienced Mah Jong players, come join us for a fun and enjoyable afternoon. Instructors will NOT be present.

(Registration Class Name – Healthy Aging Mah Jong)

50 & BETTER PAINTING

Friday, May 2nd, 1:00 - 3:30pm, Healthy Living Center

Join us for an afternoon of painting fun. We will provide lunch and the supplies you need, along with step-by-step instructions. \$30/member OR \$45/non-member *Registration and payment can be made at the Welcome Center

PICKLEBALL 101

Wednesday, May 7th, 11:00am - 12:00pm, Pickleball Courts

Register now for a FREE introduction to Pickleball for an informative and fun time playing. Paddles and balls will be provided. *Please register at www.courtreserve.com

FUN WITH DRUMMING

Friday, May 9th, 1:00 - 2:00pm, Healthy Living Center

Come join us for a Drum Circle where we'll share rhythm and enhance our health and happiness. Emile Aucello will guide us through using the drums. Please bring a drum, we'll have a few extra.

(Registration Class Name – Healthy Aging Drumming)

LUNCH BUNCH

Thursday, May 15th, 1:00 - 2:30pm, Nineteen at TPC Sawgrass (110 Championship Way, Ponte Vedra Beach)

Meet for lunch and enjoy a yummy food while socializing with your fellow Y members. *Participants are responsible for paying for their own meals

(Registration Class Name – Healthy Aging Lunch Bunch)

BOOK CLUB

Thursday, May 22nd, 11:30am - 12:30pm, Healthy Living Center

Calling all readers! Join us to discuss the book, "**Lesson in Chemistry**" by Bonnie Garmus. If you have not read the book for this meeting, come and give us your suggestions for the next books to read. Come for the Books, stay for the Community!

(Registration Class Name – Healthy Aging Book Club)

GAME DAY: MEXICAN TRAIN DOMINOES & A TACO LUNCH

Thursday, May 29th, 1:00 - 3:00pm, Healthy Living Center

Join us for a fun-filled afternoon of learning how to play Mexican Train Dominoes and a delicious taco lunch!

Our fellow member, Janice Fallon, will guide us through the game. Come for fun, food, and time with friends.

(Registration Class Name – Healthy Aging Game Day)