



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.

DYE CLAY FAMILY YMCA | 3322 MOODY AVENUE | 904.272.4304 | 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.

COFFEE AND CONVERSATION

Monday, May 5th, 10:00 – 11:00am, Lobby

Join Jenny for coffee and pastries with open discussion about events and activities. Your input is valuable!

ARTS AND CRAFTS

Wednesday, May 7th, 11:45am – 1:00pm, Youth Center

Join us monthly in creating a new craft! Peer led and loads of fun! Lite snack provided.

LUNCH AND LEARN with VIP BETTER HEALTH GROUP

Thursday, May 8th, 12:00 – 1:00pm, Youth Center

Join us for a presentation on Vibrantly Aging with Better Health Group. Lunch will be provided to all registrants.

POTLUCK: Dye Clay Family SPRING POTLUCK!

Monday, May 12th, 12:30 – 2:00pm, Youth Center

Join us for a delightful Spring Potluck filled with delicious food, great company and seasonal cheer – bring your favorite side dish to share and invite a friend!

BOOK CLUB

Wednesday, May 14th, 1:00 – 2:30pm, Youth Center

Our group will meet to discuss books and activities. Join us for a peer led, healthy literary discussion. We will be deciding on a new read this month! Lite snack provided.

LUNCH AND LEARN with CONVIVA

Tuesday, May 20th 11:15am – 12:30pm, Youth Center

Join us and our partner Conviva for an educational session. Lunch will be provided to all registrants.

SPECIAL EVENT: MUSIC & MEMORIES

Wednesday, May 21st, 10:00 – 11:00am, Youth Center

Join us for a trip down memory lane! Enjoy listening to music that shaped our lives and journaling special memories! Lite snack provided.

PARTY AND PLAY: BINGO & BIRTHDAYS!

Thursday, May 22nd, 12:15 – 1:30pm, Youth Center

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

MOVIE TIME: "Grumpy Old Men"

Monday, May 26th, 1:00 – 2:30pm, Studio B

Relax and enjoy the company of friends...and a good movie! Lite snack provided.

GARDEN CLUB

Wednesday, May 28th, 11:30am – 12:30pm, Youth Center

A great meeting for planning our upcoming beautification projects here at Dye Clay!

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center. Each time you visit the Y, get it punched!

More visits=
More chances to WIN PRIZES!

PICKLE BALL

Pickle Ball Play
Monday, Wednesday
and Friday
12:00 – 2:00pm
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Jenny Engelmeyer @ jengelmeyer@fcymca.org for more information!