



# 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.

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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).

### AOA (ACTIVE OLDER ADULTS) MEETING

Monday, May 5, 9:30 – 10:30am, Healthy Living Center

All are welcome to attend.

### FOOD PANTRY MONDAYS

Monday, May 5, 12, and 19, 12:00 – 2:00pm, Food Pantry

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. While supplies last. **All are welcome to attend – no reservations necessary!**

### WEEKLY BIBLE STUDY with PASTOR PERRY ROBINSON

Wednesdays, May 7, 14, 21, and 28, 10:30 – 11:30am, Pre-Teen Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

### GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, May 7, 14, 21, and 28, 1:00 – 2:00pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

### BINGO!

Friday, May 9, 10:30am – 12:30pm, Pre-Teen Center

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun.

### MAY MEMBER APPRECIATION: MOTHER'S DAY CONTINENTAL BREAKFAST

Tuesday, May 12, 9:00 – 11:00am, Teen Center Teaching Kitchen

Join us to give thanks for our members, guests, and moms with a continental breakfast filled with love and appreciation for the special women in our lives and community (while supplies last).

### COLOR ME CALM

Friday, May 16, 10:30am – 12:30pm, Teen Center

Connect with friends, relax, and get creative! Coloring is a great way to reduce stress and improve your mood. Please bring your crayons, coloring pencils, watercolor paints, brushes, and paint-by-number books.

### CROCHET CLASS

Monday, May 19, 10:00 – 11:30am, Healthy Living Center

Whether you are just starting out crocheting, or you have been crocheting for years, this crochet class is for you!

### SPIRIT, MIND, & BODY WOMEN'S GROUP W/SAUNDRA

Tuesday, May 20, 11:00am – 12:00pm, Healthy Living Center

Women are invited to empower, enrich, and encourage each other to fulfill their purpose with Sandra C. Gadsden Ministries.

### BOARD GAME BLOWOUT

Friday, May 23, 11:00am – 1:00 pm, Pre-Teen Center

Bring your favorite card or board games to indulge in friendly competition catering to all ages and player levels. Please bring a shareable snack.

### MID-DAY MOVIE: G20

Thursday, May 29, 11:00am – 1:00pm, Teen Center

Enjoy the movie, G20 (2025). When the G20 summit comes under siege, U.S. President Danielle Sutton (Academy Award® winner Viola Davis) becomes the number one target. Rated R. Popcorn served.