



# 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.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | 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).

### Arts & Crafts

Thursday, May 1<sup>st</sup>, 12:30 - 2:00pm, KidZone

Enjoy being creative and crafty? Participate in our arts & crafts event, where we have different craft each month.

### BINGO: Mexican BINGO Loteria (Cinco De Mayo)

Tuesday, May 6<sup>th</sup>, 10:45 - 11:45am, Studio A

**Let's have a Fiesta!!!!** We will learn how to play Loteria, a Mexican BINGO game. **Let's play BINGO**, snack on chips & salsa, listen to Latin music, and have a chance to win a prize!

### Board Games

Wednesdays, May 7<sup>th</sup>, 14<sup>th</sup>, and 28<sup>th</sup>, 3:00 - 5:00pm, Lobby

Gather with your YMCA friends to enjoy an array of board games. Have any requests for specific games? Share them with Christine at [couders@fcymca.org](mailto:couders@fcymca.org).

### Walking Group: Downtown Fernandina

Thursday, May 8<sup>th</sup>, 9:30 - 10:30am, Meet at Fernandina Beach Public Library front entrance

Enjoy a nice and scenic walk around downtown Fernandina. We can discuss & learn some history of downtown Fernandina. Meet at the Public Library. **Don't forget to bring your own water.** Maybe we can stop and grab a coffee or a tea at a local downtown business.

### Tai Chi: Meditation in Motion Pop-Up Class

Thursday, May 8<sup>th</sup>, 3:30 - 4:30pm, Studio A

Tai Chi is an ancient Chinese mind-body practice involving slow, gentle movements, controlled breathing, and meditative state of mind. Join us for this special pop-up class!

### Brunch Bunch: Celebrate Mother's Day Brunch

Friday, May 9<sup>th</sup>, 10:30am - 12:00pm, Café Karibo (27 North 3<sup>rd</sup> Street, Downtown Fernandina Beach)

Join us at Café Karibo to celebrate **Mother's Day** for some yummy Brunch and good convo. We will need a head count before dining so **PLEASE be sure to register in the app, online, or with the assistance of our staff at the membership desk.**

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

### Book Club: Book Circle

Friday, May 16<sup>th</sup>, 2:00 - 3:00pm, Meet at Fernandina Beach Public Library

Gather with a group to **exchange and discuss** which books you have independently read. It's like a cookie exchange, but for book lovers. Here is your chance to expand your home library.

### Tech 101

Monday, May 19<sup>th</sup>, 9:30 - 10:30am, Lobby

Technology can be a bit difficult and so much is changing rapidly, so bring your phone and we will help you step-by-step through issues you may be having.

### Special Class: Vegas Style Workout

Tuesday, May 20<sup>th</sup>, 10:45 - 11:30am, Studio A

**Let's roll** the dice and press our luck on which fitness moves to incorporate into a few sets for a fabulous workout. Bring your mat and water.

### Pickleball Lesson for Beginners

Thursday, May 22<sup>nd</sup>, 9:30 - 10:30am, Gymnasium

Who is ready to learn pickleball? Learn basic and fundamental skills of pickleball. Start & continue your journey in the pickleball world.

### Coffee and Convo: Learn about Volunteer Opportunities

Monday, May 26<sup>th</sup>, 10:00 - 11:00am, Lobby

Who wants to help with Healthy Aging Events? Join us to learn more about leading an event, and share your ideas for new events with our Healthy Aging Coordinator!

### Walking Group: Fort Clinch State Park Trail

Thursday, May 29<sup>th</sup>, 9:30 - 10:30am, Meet in front of Fort Clinch Parking Lot

Enjoy a nice and scenic walk around Fort Clinch Park trail! **Let's talk about navigate apps and how** they can help map your trail. You can also **explore the Fort after your walk. Don't forget to bring your own water.**

**\*Participants will be responsible for park and Fort entrance fees.\***