



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.

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | 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.

TRIVIA

Friday, May 2nd, 10:15 to 11:15am, FORMER CYCLE ROOM
Put your mind to the test with a fun game of trivia.

ARTS AND CRAFT: MOTHER'S DAY CRAFT

Wednesday, May 7th, 10:00 to 11:15am, FORMER CYCLE ROOM
What's better than painting with friends??? Please join us while we paint Mother's Day ceramic vases while chatting and making memories with friends.

SPRING SOCIAL WITH COFFEE

Friday, May 9th, 9:00am to 12:00pm, LOBBY
Please join us in the lobby to enjoy coffee and conversations with friends.

SAFETY SEMINAR: CRIME AND SAFETY WITH SJCSO

Monday, May 12th, 9:00 to 11:00am, FORMER CYCLE ROOM
Stop being a victim of scams! **Please join St. County Sheriff's Office** as they provide informative information on how to keep yourself and loved ones safe from cyber fraud and scams.

BOOK CLUB FRENZY

Wednesday, May 21st, 10:15 to 11:15am, FORMER CYCLE ROOM
We will be meeting to assign/hand out books, discuss schedules, and collect information.

SOCIAL: IT'S A TEA PARTY KIND OF DAY

Wednesday, May 21st, 9:00 to 11:00am, LOBBY
Come and celebrate National Tea Day with us as we try a variety of teas that are tasty and healthy.

CAR SEAT CHECK

Thursday, May 29th, 10:00am to 1:00pm, PARKING LOT
Are you **questioning if you have the correct car seat, if it's in the right position so that your child is safe** during travel on these busy roads. Please join us in the parking lot with the Health Department to make sure you are properly set to travel. ***NO RESERVATIONS REQUIRED.***

BIRTHDAY CELEBRATION

Friday, May 30th, 10:00am to 12:00pm, LOBBY
Are you or someone you know celebrating a May birthday? Please join us in celebrating yours or **someone else's birthday during the month of May.**

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a PRIZE
Pick up your card at the Welcome Center today!