



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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd. | 904.292.1660 | 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.

AQUA FITNESS CLASSES (Limited in May)

Monday, Wednesday, and Friday – 9:00 – 10:00am

Bible Study

Every Friday, 12:30 - 1:30pm, Healthy Living Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Game Day

Tuesdays, May 6th and 20th, 3:00 – 4:15pm, Studio B

It's time for PING PONG! Also, enjoy a variety of different games – from Jenga to UNO to Trivial Pursuit and more – with your Y friends!

Coffee and Convo

Tuesday, May 13th, 11:00am - 12:00pm, Williams YMCA Lobby

Join Healthy Aging Coordinator Jenny for open discussion about upcoming AOA activities.

Special Event: Music and Memories

Tuesday, May 13th, 3:00 – 4:15pm, Studio B

Join us for a trip down memory lane! Enjoy listening to music that shaped our lives and journaling special memories. Must pre-register on the FCYMCA app to have journal provided.

Book Club

Thursday, May 15th, 1:15 - 2:15pm, Studio B

Join us for a peer-led, healthy literary discussion. Lite snacks provided.

Arts and Crafts

Thursday, May 15th, 3:00 – 4:30pm, Studio B

Staff-led and loads of fun! Supplies provided.

Lunch & Learn: Healthy Aging Presentation with Conviva Health Care

Wednesday, May 21st, 12:00 – 1:00pm, Healthy Living Center

Join the YMCA and Conviva for an educational session. Lunch will be provided for all reserved participants. Be sure to reserve your spot in our app or online!

Celebration: Mother's Day, Bingo, & Birthdays!

Thursday, May 22nd, 3:15 – 5:00pm, Studio A

Fun, prizes, and more! If you have a May birthday, join us at BINGO to celebrate with your AOA friends!

Tech 101: Free Wellness Workshop

Thursday, May 22nd, 5:30pm – 6:30pm, Healthy Living Center

A YMCA staff member will help you navigate our FCYMCA.org app and Y360.

Social: Memorial Day Aqua Fitness Class - AOA All-American Pool Social

Monday, May 26th, 10:00 – 11:00am, Poolside by the Tennis Courts

Join us on Memorial Day after your Aqua Fitness class for a light brunch and snacks. Celebrate friendship, fun, and fitness as you relax, mingle with fellow members, and welcome new faces to our AOA community. It's the perfect way to refresh and connect on this special day of remembrance.

Don't forget your PUNCH!

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

More visits = More chances to WIN!

PICKLE BALL

Pickleball Play:

Monday – Wednesday, 1:00 - 4:00pm

Thursday, 8:00 - 10:30am / 1:00 – 4:00pm

Friday, 1:00 - 4:00pm

Sunday, 10:00am - 12:00pm

Beginner Instruction:

Friday, 11:00am - 1:00pm

Beginner Play: Friday, 12:00 – 1:00pm

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!