



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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 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.

Crochet / Knitting Class

Mondays in May, 1:30 – 3:30pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. Some supplies will be available. You may either keep what you make or donate your creation to a homeless shelter. All levels welcome! Snacks provided.

Table Tennis (Ping Pong)

Tuesdays and Thursdays, 1:00 – 3:00pm, Gymnasium ***No reservations necessary.**

Bible Study

Friday, May 2nd, 11:00am – 12:00pm, Teaching Kitchen

Studying *31 Women of the Bible*, available on Amazon. This month's topic is Jael & Delilah. All denominations welcome!

Pot Luck

Monday, May 5th, 12:00 – 1:30pm, Teaching Kitchen

Tea Party theme. Please bring a finger food or dessert to share.

Party and Play: Birthdays and BINGO

Tuesday, May 6th, 10:00 – 11:00am, Teaching Kitchen

Come celebrate our fellow members with April birthdays...and enjoy some BINGO fun!

Day Trip

Tuesday, May 13th, Top to Bottom Walking Tour

Join us for a behind-the-scenes tour of Downtown Jax buildings, including the secret underground tunnels, on this fun excursion! This is a 14-block walking tour; there will be a staircase as well. Find tickets and more information here:

<https://www.eventbrite.com/e/jacksonville-walking-tours-top-to-bottom-tickets-155842435921?aff=oddtcreator>

Brunch and Learn

Tuesday, May 20th, 10:00 – 11:00am, Teaching Kitchen

Come learn with VyStar! Topic is How to Save on Groceries. ***Reserve your spot in the YMCA app!***

Plans and Produce with Gold Kidney Health Plan

Tuesday, May 20th, 11:30am – 12:30pm,

Gold Kidney Health Plan will have a bag of fresh produce for the members that register and attend. Cognitive Exercise demonstration. ***Be sure to reserve your spot in our app or online!**

Bowling

Wednesday, May 21st, 12:00 – 2:00pm, King Pin Lanes (5310 Lenox Avenue)

Join us for the fun! \$8.50 gets you 2 games, shoes, hot dog, a drink, and chips. ***Payment made at Bowling Lanes.***

Lunch Bunch

Friday, May 23rd, 11:30 – 1:00pm, Arepa Please (474 Riverside Avenue)

One lucky participant will have their lunch paid for by the Y! ***Participants responsible for paying for their meals.***

Book Club

Tuesday, May 27th, 10:00 – 11:00am, Teaching Kitchen

This month's book is "Dance Away With Me", by Susan Elizabeth Phillips

FLORIDA BLUE SPONSORED EVENTS

(Please register for these events directly with Florida Blue in our Healthy Living Center.)

Cooking Clean with Chef Vernetta Friday, May 9th, 11:00am – 12:00pm, Teaching Kitchen

***Please be sure to register - limited space available.**

Senior Tech Friday, May 23rd 11:00am – 12:30pm, Teaching Kitchen

Senior Painting Friday, May 30th, 11:00am – 12:00pm, Teaching Kitchen

Don't forget your monthly PUNCH CARD! TEN punches on your Silver Punch Card enters you to win PRIZES each month! Pick up your card at the Welcome Center TODAY! (one per member, please)