



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.



YMCA AT FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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.

Mahjong for All!

Mondays, 1:00 - 4:00pm, Multi-Purpose Room

If you attended the Mahjong Orientation in April please join us every Monday at 1:00pm. If you would like to play Mahjong, or if you have played in the past, please contact Lisa (ldole@fcymca.org) for an orientation. The goal is to teach and/or play following tournament rules.

Crochet/Knitting & Good Fun Times

Friday, May 9th, 1:00 - 2:00pm, Multi-Purpose Room

Do you like to crochet or knit? Do you have yarn you would like to use? Join us, use your own pattern, or use one we have. We can teach basic crochet skills if you would like to learn! If crochet and knitting are not for you, join us for games and conversations. All games are provided.

Book Club: For the Love of Reading!

Tuesday, May 13th, 1:00 - 2:00pm, Multi-Purpose Room

The Wedding People: A Novel by Alison Espach is the May book. In Alison Espach's "The Wedding People," Phoebe Stone, disillusioned and planning a final, luxurious experience at the Cornwall Inn in Newport, Rhode Island, finds herself mistaken for a wedding guest, leading to an unexpected connection with the bride and a journey of self-discovery and new beginnings.

Game Day!

Wednesday, May 14th, 12:45 - 1:45pm, Multi-Purpose Room

Come join other individuals who love to play Board Games, Cards, Puzzles and other social games. Bring your own game and teach others how to play! Come ready to laugh and have fun!

New Member Orientation

Friday, May 16th, 1:30 - 2:30pm, Multi-Purpose Room

Are you new to the Y? Would you like to know all the services the YMCA provides, from social events, personal training, educational classes, and more? Join us to get your questions answered and to learn about the Y!

Bible Study at the Y!

Wednesday, May 21st, 1:30-3:00pm, Multi-purpose Room

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies, all are welcome. Beginning in May our study is called Growing Older & Wiser from LifeGuide. This can be purchased on Amazon. Regardless of where you in your journey of faith, we would love to have you join!

Color Me Calm

Thursday, May 22nd, 1:30 - 2:30pm, Multi-Purpose Room

If you like to color join us! No artistic talent required. All supplies are provided, or bring your own. Other games will be available.

BINGO

Wednesday, May 28th, 1:30 - 2:30pm, Multi-Purpose Room

BINGO! Win prizes while making friends and laughing out loud!

Lunch Brunch: Willie Jewell's BBQ

Friday, May 30th, 12:30 - 2:00pm, Meet at **Willie Jewell's BBQ** in Murabella (105 Murabella Parkway)
Join us for yummy food and fun times with friends! **Please make sure to reserve your spot in the app.

Members are responsible for paying for their own meal. **