



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.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | 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.

Please note that dates, times, and information are subject to change. Please refer to the FCYMCA app or online for the most current event information.

TECH 101- YMCA APP TRAINING

THURSDAY, MAY 1st from 10:00 – 10:45am, Healthy Living Center

Learn how to navigate the First Coast YMCA app.

SPECIAL EVENT: MOTHER'S DAY LUNCH

THURSDAY, MAY 8th from 12:30 – 2:00pm, Studio A

Celebrate Mother's Day with lunch, Ribbon Pinning ceremony, and flowers. Please see separate flyer for additional details.

BOOK CLUB

WEDNESDAY, MAY 14th from 12:30 – 2:30pm, Studio A

Join us to discuss "Quilt of the Soul: A Memoir" by Phyllis Biffle.

WALKING CLUB

FRIDAY, MAY 16th from 3:00 – 4:00pm, Healthy Living Trail

Enjoy the spring weather with a walk around our nature trail.

ARTS & CRAFTS: QUILTING (CONTINUED)

MONDAY, MAY 19th from 12:30 – 2:00pm, Kidzone

Start making a quilt and continue the one you already started.

BOWLING

WEDNESDAY, MAY 21st from 12:30 – 2:15pm

King Pins Bowling Center at 5310 Lenox Avenue

Get out and knock over some pins. You get shoes, two games, and a hotdog lunch for \$8.50.

Sign up in the app. Payment can be made at the Bowling Alley.

SPECIAL EVENT: FLAGS "IN" FOR MEMORIAL DAY

THURSDAY, MAY 22nd from 12:30 – 3:00pm, Outside

Please see separate flyer for additional information.

PARTY AND PLAY: BINGO AND BIRTHDAYS

WEDNESDAY, MAY 28th from 12:15 – 1:30pm, Studio A

Join us for an afternoon shouting your favorite word—BINGO! We will have prizes for winners, fun with friends, and lots of laughs. **We will also be celebrating this month's birthdays!**

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win YMCA swag!

[Pick up your card at the Welcome Center today!](#)