



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 NOCATEE | 400 Colonnade Drive | 904.671.9622 | 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 or ehlumberg@fcymca.org.

Majong Meetup

Every Friday, 2:00 – 5:00pm, Multipurpose Room

If you are a Mahjong lover, come see us every Friday at the Y for fun and friendship!

Requirements: Must know how to play, as well as own tiles and card.

Mindful Meditation

Fridays, May 9th, 16th, and 30th, 1:15 - 1:45pm, Studio A

Back by popular demand! Join instructor Libby B. **Meditation is great for self care, mental health...and building a community!**

Color Me Calm: Coloring Club

Monday, May 5th, 1:30 - 2:30pm, Multipurpose Room

Find a new way to relax while fostering your creative side...with coloring! You'll enjoy the zen this activity brings, along with the quality time spent with friends.

Social: Coastal Wine (Nocatee)

Thursday, May 8th, 4:00 – 6:00pm, Coastal Wine (641 Crosswater Pkwy, Suite B)

We will enjoy happy hour specials! This trip is all about good times, laughter, and making memories!

Participants will be responsible for paying for their own drinks.

Lunch Bunch: Bronx House Pizza

Wednesday, May 14th, 12:30 – 2:00pm, Bronx House (641 Crosswater Pkwy, Suite E-F)

Food and Friendship! Enjoy a yummy lunch while socializing with your fellow members.

Participants will be responsible for paying for their own food.

Special Fitness Class

Thursday, May 15th, 10:45 – 11:45am, Airnasium

Join us for a special fitness class with Carolina C.! This class is geared towards our healthy aging community, with options for ALL!

Trivia

Tuesday, May 20th, 7:00 – 8:00pm, Nocatee Treylor Park (158 Marketside Ave, Unit 10)

Join the YMCA Healthy Aging team of Ys and Y Nots as we hopefully win again this month with our general knowledge!

Book Club

Tuesday, May 27th, 3:30 – 4:30pm, Multipurpose Room

The book for this month will be The House Maid.

Coffee and Convo

Wednesday, May 28th, 9:30 – 10:30am, Kookaburra (351 Town Plaza, Suite 102A)

Join over the fragrant aroma of coffee and good conversation. A great way to meet new friends!

Participants will be responsible for paying for their own coffee.