



## A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto:myhealth@fcymca.org) | June 2025

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### June is National Cancer survivor month.

This is a time to honor the strength, courage, and resilience of those who have faced cancer. We celebrate every survivor's journey and the hope they inspire in others.

**LIVESTRONG®**

**AT THE YMCA**

LIVESTRONG at the YMCA focuses on you - the whole person - not the disease. This 12-week program meets twice a week for 90 minutes in a small group setting and is facilitated by certified trainers who meet you where ever you are on your journey to reclaim your health. Anyone who is currently in treatment or in remission can participate. **Email [myhealth@fcymca.org](mailto:myhealth@fcymca.org) to register**



### NATIONAL ALZHEIMER'S & BRAIN AWARENESS MONTH

June is National Alzheimer's and Brain Awareness Month. No matter your age or ability, a little bit of physical activity can go a long way in helping improve brain health! Explore some of the health and wellness options that the YMCA of Florida First Coast has to offer by visiting a Welcome Center.





# IT'S NEVER TOO LATE TO FEEL GREAT.

**BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | June 2025**

## **JUNE 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](https://fcymca.org).**

### **Mosaic Tile Craft at the Public Library**

**Thursday, June 5<sup>th</sup>, 6:00 - 7:30pm, Orange Park Library – Room A**

**Sign up online through the public library system to reserve your spot to enjoy a fun craft night out with your Y friends. *\*This is open to the general public, so please reserve your spot as soon as possible!\****

### **Coffee and Convo**

**Friday June 6<sup>th</sup> & June 20<sup>th</sup>, 10:00am – 12:00pm, Common Area**

**Come for the coffee and stay for the fellowship!**

### **Lunch Bunch: Toasted Yolk**

**Monday, June 9<sup>th</sup>, 11:30am – 1:00pm**

**Come and enjoy food and fellowship with your Y Family. Please use the app to reserve your spot. *\*Participants will be responsible for paying for their own meals.\****

### **Book Club**

**Tuesday, June 12<sup>th</sup>, 10:00 – 11:00am, Common Area**

**Join us for a morning discussion and deciding next month's book.**

### **Game Day**

**Monday, June 16<sup>th</sup>, 11:45am – 12:45pm, Common Area**

**Come play assorted games with Y friends**

### **Dinner Out: Santioni's**

**Tuesday, June 17<sup>th</sup>, 4:30 – 6:00pm**

**Come and enjoy food and fellowship with your Y Family. **Please use the app to reserve your spot.** *\*Participants will be responsible for paying for their own meals.\****

### **Arts and Crafts**

**Thursday, June 19<sup>th</sup>, 11:30am – 2:00pm, Common Area**

**Come enjoy fellowship and creativity! We will be making a hanging American Flag with painted corks. **Sign up on app by 6/16 to reserve your spot.****