



## 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

### 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.

**BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | 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](http://fcymca.org).**

### **\*NEW\* Weekly Walking Club**

**Every Thursday, 8:30 – 10:30am, Town Center. Starting June 26!**

Walk for Wellness! Meet at Target, walk to True Foods, then back to Target. Don't forget your water! *Rain Plan: Breakfast at Panera.*

**\*Participants will be responsible for paying for their own coffee/meal.\***

### **Crochet 'n Craft Crew Day change!**

**Every \*TUESDAY\*, 2:15 – 3:15pm, Studio D**

Bring your projects and socialize! Help is available for beginners' crochet challenges. And you're not limited to crochet! Bring any of your current projects – artwork, needlepoint, embroidery, knitting, etc. – and have a great time conversing with new friends and learning a new skill! ***Bringing snacks is permitted.***

### **Bible Study**

**Every Friday, 11:45am – 12:45pm, Studio D**

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. All denominations are welcome.

### **Bocce Ball**

**Wednesday, June 11<sup>th</sup>, 11:45am – 12:45pm, Studio B**

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

### **Meeting: Volunteers**

**Thursday, June 12<sup>th</sup>, 2:15 – 3:15pm, Studio D**

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

### **Lunch Bunch**

**Monday, June 16<sup>th</sup>, 12:30 – 2:00pm**

Meet at **Terra Gaucha, Tinseltown** for food, friendship, and fun! Fixed price is \$19.95 for the Gourmet Hot and Cold table, not including tax/tip. Other experiences available for additional charges.

**\*Participants will be responsible for paying for their own meal.\***

### **Coffee and Conversation**

**Wednesday, June 18<sup>th</sup>, 11:30am – 12:30pm, Lobby**

Coffee, and socializing! Our goal is to help foster new friendships and connections.

### **New Member Orientation for Members Ages 50 and Better**

**Wednesday, June 18<sup>th</sup>, 2:15 – 3:15pm, Studio D**

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

### **BINGO!**

**Friday, June 20<sup>th</sup>, 12:00 – 12:30pm, SMB Studio**

Sponsored by **Terri Goodridge**, Community Liaison with VIPCare.

### **Book Club: Books@Brooks**

**Thursday, June 26<sup>th</sup>, 2:15 – 3:15pm, Studio D**

*Blood Over Brighthaven*, by M.L. Wang. Reading the book is encouraged, but not required. The Book Selection List will be made available to all who would like to see it.

### **Don't forget your PUNCH!**

**TEN** punches on your 50 & Better punch card(s) enters you to win a prize: The Senior of the Month Parking Spot! **Pick up your card at the Welcome Center today!**

**PLEASE** remember to swipe your membership card or scan in at the front desk **EVERY** day that you visit! We depend on you!

**Have suggestions, inspiration, or feedback?** Reach out to Sheri Nash, our Brooks Family YMCA Healthy Aging Coordinator!  
Email: [snash@fcymca.org](mailto:snash@fcymca.org)  
Phone: 904.902.7973