



## 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.

**BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | JUNE 2025**

## JUNE EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).  
Reservations can be made in our FCYMCA app by selecting Classes, and filter by Healthy Aging Class Type or online at [fcymca.org](http://fcymca.org).

### MEN'S BIBLE STUDY (Activity Registration Name – Healthy Aging Bible Study)

**Tuesdays, 6:30 – 8:00pm, Healthy Living Center**

Men join us once a week for fellowship and spiritual growth as we study the Holy Bible. The study is led by Chris Raab and hosted by our fellow member Jeffrey Winters.

For additional information, please contact Chris Raab at (904) 891-4460.

### MAH JONG (Activity Registration Name – Healthy Aging Mah Jong)

**Wednesdays, 12:30 – 2:30pm, Healthy Living Center**

Come join us every Wednesday for Mah Jong! Whether you're a seasoned player or just starting out, everyone is welcome. If you're new to the game, come by on **June 11<sup>th</sup>** or **June 25<sup>th</sup>** to learn from experienced instructors. Then stay to play and practice your new skills with a welcoming group of players. **Instructors will be present the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday.**

### MAH JONG FOR SEASONED PLAYERS (Activity Registration Name – Healthy Aging Mah Jong)

**Thursday, June 5<sup>th</sup> and 26<sup>th</sup>, 12:45 – 2:45pm, Healthy Living Center**

Experienced Mah Jong players, come join us for a fun and enjoyable afternoon. **Instructors will NOT be present.**

### 50 & BETTER PAINTING

**Friday, June 6<sup>th</sup>, 1:00 – 3:30pm, Healthy Living Center**

Join us for an afternoon of painting fun. We will provide lunch and the supplies you need along with step-by-step instructions. **Cost: \$30/member OR \$45/non-member**

**\* Registration and payment can be made at the Welcome Center. \***

### BOOK CLUB (Activity Registration Name – Healthy Aging Book Club)

**Wednesday, June 11<sup>th</sup>, 11:30am – 12:30pm, Healthy Living Center**

Join us for a lively discussion of our June Book, featured on the 50 & Better Table. Even if you haven't had a chance to read the book, we'd still loved for you to join us- come share your suggestions for next month's pick!

Come for the Books, Stay for the Community!

### GAME DAY: MEXICAN TRAIN DOMINOES (Activity Registration Name – Healthy Game Day)

**Thursday, June 12<sup>th</sup>, 1:00 – 3:00pm, Healthy Living Center**

Join us for a fun-filled afternoon of learning how to play Mexican Train Dominoes, Our fellow member Janice Fallon, will guide us through the game. Come for fun and enjoy time with friends.

### FUN WITH DRUMMING (Activity Registration Name – Healthy Aging Drumming)

**Friday, June 13<sup>th</sup>, 1:00 – 2:00pm, Healthy Living Center**

Come join us for a Drum Circle where we'll share rhythm and enhance our health and happiness. Emile Aucello will guide us through using the drums. Please bring a drum, we'll have a few extra.

### LUNCH BUNCH (Activity Registration Name – Healthy Aging Lunch Bunch)

**Thursday, June 19<sup>th</sup>, 1:00 – 2:30pm, Palm Valley Outdoor Grill**

Meet for lunch at Palm Valley Outdoor Grill, 377 S Roscoe Blvd, Ponte Vedra Beach, to enjoy a yummy lunch while socializing. **\*Participants are responsible for paying for their own meals\***

### ARTS AND CRAFTS: LEARN THE ART OF FLOWER ARRANGING

(Activity Registration Name – Healthy Aging Arts and Crafts)

**Friday, June 27<sup>th</sup>, 1:00 – 3:00pm, Healthy Living Center**

Join us for a hands-on session where our fellow member, Cindy Rush will teach us how to arrange live flowers beautifully. If you are a beginner or looking for fresh inspiration, this is a great opportunity to learn and have fun together!

**SPOTS ARE LIMITED...be sure to reserve your spot!**