



A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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 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.

DYE CLAY FAMILY YMCA | 3322 MOODY AVENUE | 904.272.4304 | 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.

COFFEE AND CONVERSATION

Monday, June 2nd, 10:00 – 11:00am, Lobby

Join Healthy Aging Coordinator Jenny for coffee and pastries with open discussion about upcoming AOA activities, AOA Committee, and more. Your input is valuable!

ARTS AND CRAFTS

Wednesday, June 4th, 11:45am – 1:00pm, Youth Center

Join us monthly in creating a new craft! Peer led and loads of fun! Lite snack provided.

MUSIC & MEMORIES

Wednesday, June 4th, 11:45am – 1:00pm, Youth Center

Join us for a trip down memory lane! Enjoy listening to music that shaped our lives and journaling special memories! Lite snack provided.

LUNCH AND LEARN with CONVIVA

Tuesday, June 17th, 11:15am – 12:30pm, Youth Center

Join us and our partner Conviva for an educational session. Lunch will be provided for all registrants.

MUSIC & MEMORIES

Wednesday, June 25th, 11:45am – 1:00pm, Studio B

Join us for a trip down memory lane! Enjoy listening to music that shaped our lives and journaling special memories! Lite snack provided.

PARTY and PLAY: BINGO & BIRTHDAYS!

Thursday, June 25th, 12:15 - 1:30pm, Youth Center

Fun, prizes, and more!!! If you are celebrating a birthday in June, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

GARDEN CLUB

Monday, June 30th, 11:30am - 12:30am, Youth Center

A great meeting for planning our upcoming beautification projects here at Dye Clay!

MOVIE TIME: Title TBD

Monday, June 30th, 1:00 - 2:30pm Studio B

Relax and enjoy the company of friends...and a good movie! Lite snack provided.

Don't forget your PUNCH!

Pick up your AOA Punchcard at the Welcome Center. Each time you visit the Y, get it punched!

More visits=

More chances to WIN a COOL PRIZE!

PICKLE BALL

Pickle Ball Play

Mondays, Wednesdays,
and Fridays
12:00 - 2:00pm
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Jenny Engelmeyer @ jengelmeyer@fcymca.org for more information!