



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.

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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.

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, June 2, 9:30 – 10:30am, Teen Center

All are welcome to attend.

FOOD PANTRY MONDAYS

Monday, June 2, 9, 16, 23, and 30, 12:00 – 2:00pm, Food Pantry

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. While supplies last. All are welcome to attend, **no registration required.**

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, June 4, 11, 18, and 25, 1:00 – 2:00 pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

SPECIAL EVENT: FATHER'S DAY CONTINENTAL BREAKFAST

Monday, June 16, 9:00 – 11:00am, Outdoor Gazebo

Join us to give thanks for our members, guests, and fathers with a Grab-and-Go continental breakfast filled with love and appreciation for the special men in our lives and community (while supplies last).

AOA BOWLING AT KING PINS BOWLING/THE POTTER'S HOUSE

Tuesday, June 19, 12:30 – 2:30pm, 5310 Lenox Ave, 32205

Strike! Have fun bowling with the AOA! Free with registration. Transportation is not provided. There is limited capacity so sign-up today.

JUNE MEMBER APPRECIATION: JOHNSON YMCA FAMILY REUNION

Saturday, June 21, 10:00am – 4:00pm

Happy 77th Anniversary! Get ready to celebrate the grand reopening of the Johnson Family YMCA with food, fun, and fellowship. This year's trail ride theme requires your cowboy boots, hats, and line dance fans! Everyone is welcome to this free, family-friendly event. **Registration is required; please see the Welcome Center to reserve your spot.**

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Tuesday, June 24, 11:00am - 12:00pm, Healthy Living Center

Introducing "Conversations with Sandra C. Gadsden Ministries", a peer-led support group! Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

WEEKLY BIBLE STUDY with PASTOR PERRY ROBINSON

Wednesday, June 25, 10:30 – 11:30am, Healthy Living Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.