



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.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | JUNE 2025

JUNE EVENTS AND ACTIVITIES

**Events are free for members and require reservations (unless otherwise noted).
Reservations can be made in our app and online at fcymca.org.**

Music and Memories: Music Journal

Mondays, June 2nd, June 16th, and June 30th, 10:30 – 11:30am, Studio B

Music has the power to transport us through time, bringing back memories and emotions from different stages of life. We will reflect on your personal history, using music as a key to unlock and record your most cherished moments. **Participants will need to provide their own journal for the sessions.**

Board Games

Wednesdays, June 11th and June 25th, 3:00 – 5:00pm, Lobby

Gather with your friends and join us in the studio for an array of board games. Have any board game requests? Reach out to Christine csouders@fcymca.org

Garden Club

Tuesday, June 3rd, June 17th, 10:45 – 11:45am, Front Porch at McArthur (rocking chairs)

Join us and share your passion for gardening with like-minded individuals. We will meet every other Tuesday to discuss gardening ideas and more. We will decorate our front porch here at McArthur. There will be a variety of tasks for all to get involved like planting, care, placement, pots, supplies, and more.

Arts and Crafts

Wednesday, June 4th, 12:30 – 2:00pm, Studio B

Time to get creative!! Participate in our arts & crafts event, where we have different craft each month.

Tech 101

Thursday, June 5th, 9:30 – 10:30am, Lobby

Technology can be a bit difficult and so much is changing rapidly, so bring your phone and we will help you step-by-step through issues you may be having.

Aloha Beach BINGO

Monday, June 9th, 10:45 – 11:45am, Studio B

Aloha! Summer is coming fast, and we are ready to have fun at the beach Hawaiian style. Wear your best Hawaiian shirt and have a chance to win a prize.

Potluck Celebration for Father's Day

Tuesday, June 10th, 10:30 – 11:45am, Studio A

Sign up and bring your favorite summer dish to celebrate Father's Day. Potlucks are a great way to enjoy good food, share recipes, and converse on what is to come for future events. **There will be a sign-up sheet for items to bring to potluck.**

POP UP Special Class: Cultural Dance

Thursday, June 12th, 3:00 – 4:00pm, Studio A

You will learn step by step cultural dance moves from African, Egypt Belly dancing, Bollywood, Cumbia, Flamenco, Salsa, and Brazilian. Learn a little history from a few dances and the stories behind the moves. Register online, app, or with our front desk staff.

POP UP Special Class: Chair Yoga

Thursday, June 19th, 3:45 – 4:45pm, Studio A

Return to yoga and ease your way back with props, new moves, flexibility, core strength, alignment, balance, and focus on your mind.

POP UP Special Class: Zumba Gold

Tuesday, June 24th, 10:45 – 11:45am, Studio A

This slowed-down version of Zumba focuses on balance, coordination, and range of motion. If this sounds your speed, try out our pop-up class of Zumba Gold!