



## 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.

**ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | June 2025**

## **JUNE EVENTS AND ACTIVITIES**

Events are offered at no cost and require reservations (unless otherwise noted).  
Reservations can be made in our app and online at [fcymca.org](http://fcymca.org).

### **TECH 101: TECHIE TUESDAY**

**Tuesday, June 3<sup>rd</sup>, 10:30 - 11:15am, FORMER CYCLE ROOM**

Please join us to talk about our YMCA APP...where to find it? How to set it up? How to use it?

### **SAFETY SEMINAR: CRIME AND SAFETY WITH SJCSO**

**Friday, June 6<sup>th</sup>, 9:30 - 11:30am, FORMER CYCLE ROOM**

Stop being a victim of scams!!! Please join the St. Johns County Sheriff's office as they provide informative information on how to keep yourself and loved ones safe from cyber fraud and scams.

### **MOVIE DAY**

**Thursday, June 12<sup>th</sup>, 10:00 - 11:30am, FORMER CYCLE ROOM**

Please join us in the FORMER CYCLE ROOM with popcorn and friends to enjoy the movie "The Bucket List" starring Morgan Freeman and Jack Nicholson.

### **PRESENTATION: MEAL PREPPING with Angie**

**Monday, June 16<sup>th</sup>, 10:30 - 11:25am, FORMER CYCLE ROOM**

Eating less and having a hard time proportioning yourself so that you can finish a meal and still have an appetite, please join us in the former cycle room to learn how to meal prep with Angie.

### **SPECIAL CLASS: LINE DANCING with Lori**

**Wednesday, June 18<sup>th</sup>, 2:00 - 2:30pm, STUDIO A**

Put on your dancing shoes, jeans, and a good hat to tip for some good ole line dancing with Lori.

### **PRESENTATION: EMERGENCY PREPAREDNESS & RESPONSE with THE HEALTH DEPARTMENT**

**Friday, June 20<sup>th</sup>, 9:00 - 11:00am, FORMER CYCLE ROOM**

It's Hurricane season. Where do you go when you need help or supplies? Who can you call if you are by yourself? What to do? Join us with the Health Department so that you know how to respond and prepare for storms.

### **COFFEE AND CONVO: SUMMER COFFEE AND CONVO with FRIENDS**

**Monday, June 23<sup>rd</sup>, 9:00 - 11:00am, LOBBY**

Please join us in the lobby to enjoy coffee and conversations with friends.

### **BOOK CLUB**

**Wednesday, June 25<sup>th</sup>, 10:00 - 10:30am, FORMER CYCLE ROOM**

Please join us for a healthy literary discussion

### **BIRTHDAY PARTY: JUNE BIRTHDAY CELEBRATION**

**Monday, June 30<sup>th</sup>, 10:00am - 12:00pm, LOBBY**

Is your birthday in June? Let's celebrate your birthday or someone else's with some tasty treats and let's start your birthday off the right way. Please join us in the lobby with Angie to have a birthday celebration.

**Don't forget your PUNCH!**

**TEN** punches on your 50 & Better punch card(s) enters you to win YMCA swag!  
**Pick up your card at the Welcome Center today!**