



## 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.

**WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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).**

### **Bible Study**

**Every Friday, 12:30 - 1:30pm, Healthy Living Center**

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

### **Coffee and Conversation**

**Tuesday, June 3<sup>rd</sup>, 11:00am - 12:00pm, Williams YMCA Lobby**

Join Healthy Aging Coordinator Jenny for discussion about upcoming activities. Your input is valuable!

### **Music & Memories**

**Tuesday, June 3<sup>rd</sup>, 3:00 - 4:30pm, Studio A**

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

### **Game Day**

**Tuesday, June 17<sup>th</sup> 3:00 - 4:30pm, Studio B**

It's time for PING PONG! Also, enjoy a variety of different games - from Jenga to UNO to Trivial Pursuit and more - with your Y friends!

### **Lunch & Learn: Healthy Aging Presentation with Conviva Health Care**

**Wednesday, June 18<sup>th</sup>, 12:00 - 1:00pm, Healthy Living Center**

Join the YMCA and Conviva for an educational session. Lunch will be provided for all reserved participants.

**Be sure to reserve your spot in our app or online!**

### **Book Club**

**Thursday, June 19<sup>th</sup>, 1:15 - 2:15pm, Studio B**

Join us for a peer led, healthy literary discussion. We are currently reading "Viral" by Kathy Reichs.

### **Arts and Crafts**

**Thursday, June 19<sup>th</sup>, 3:00 - 4:30pm, Studio B**

Staff led and loads of fun!

### **Party and Play: BINGO & Birthdays!**

**Thursday, June 26<sup>th</sup>, 3:15 - 5:00pm, Studio A**

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.

### **Save the Date!**

**Friday, July 4<sup>th</sup>, 10:00am** Pool party following Water Aerobics!

### **Don't forget your PUNCH!**

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

**More visits=  
More chances to WIN!**

### **PICKLE BALL**

**Mondays/Wednesdays**

3:00pm - 5:00pm

**Fridays**

2:00pm - 5:00pm

**Sundays**

10:00am - 12:00pm

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](mailto:jengelmeyer@fcymca.org) for more information!