



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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 | 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.**

Crochet / Knitting Class

Mondays in June, 1:30 – 3:30pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. Some supplies available. You may either keep what you make, or donate to a homeless shelter. All levels welcome! Snacks provided.

Party & Play: Birthdays and BINGO

Tuesday, June 3rd, 10:00 – 11:00am, Teaching Kitchen

Come celebrate our fellow members with June birthdays...and enjoy some BINGO fun!

Day Trip: Art Gallery Tour

Wednesday, June 4th, 12:00 – 2:00pm, 320 East Adams Street (near the Florida Theatre)

Join the Y for an art gallery tour to view the paintings, woodwork, jewelry, and ceramic creations of 28 local artists. Fellow member Denise will be your personal guide! Free parking and refreshments will be provided.

Bible Study

Friday, June 6th, 11:00am – 12:00pm, Conference Room

Studying 31 Women of the Bible available on Amazon. This month we are learning about Ruth & Hannah. Please bring your Bible and notebook as well. All denominations are welcome.

Coffee and Convo: Meet & Greet

Tuesday, June 10th, 10:00 – 11:00am, Teaching Kitchen

Coffee and Conversation. Learn more about the Y and enjoy fellowshiping.

Book Club

Tuesday, June 10th, 11:00am – 12:00pm, Teaching Kitchen

This month's book is *Horse*, by Geraldine Brooks.

Brunch & Learn, presented by VyStart

Tuesday, June 17th, 10:00 – 11:00am, Teaching Kitchen

Topic: How to Spot Scams. ***RESERVATIONS REQUIRED. Brunch will be provided to all registrants.***

Day Trip

Tuesday, June 17th, 4:00 – 6:00pm, Cummer Museum of Art (829 Riverside Avenue)

Meet for a free tour of the museum & gardens, followed by dinner at the Cummer Café.

Participants are responsible for paying for their meals.

Bowling

Wednesday, June 18th, 12:00 – 2:00pm, King Pin Lanes (5310 Lenox Avenue)

Join us for an afternoon of bowling with your Y friends. \$8.50 gets you 2 games, shoes, hot dog, a drink, and chips.

Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!

Brunch and Learn with FSCJ Alpha Delta Nu Nursing Honor Society

Tuesday, June 24th, 10:00 – 11:30am, Teaching Kitchen

Join us for a presentation by on stroke awareness and heart health

Lunch Bunch

Monday, June 30th, 11:30 – 1:00pm, River and Post (1000 Riverside Avenue)

One lucky participant will have their lunch paid for by the Y! ***Participants are responsible for paying for their meals.***

FLORIDA BLUE SPONSORED EVENTS

(Please register for these events directly with Florida Blue in our Healthy Living Center.)

Senior Tech: Social Media

Friday, June 20st, 11:00am – 12:00pm, Teaching Kitchen

Chronic Illness & Emotional Health

Friday, June 23rd 10:00 – 11:00am

Florida Blue Senior Painting

Friday, June 27th, 11:00am – 12:00pm, Teaching Kitchen