



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.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | 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.

BOOK CLUB

WEDNESDAY, JUNE 4th from 12:30 - 2:30pm, Studio A

Join us to discuss *Having Our Say: The Delany Sisters*, by Sarah Louise, Ann Delany, and Elizabeth Delany.

TECH 101-YMCA APP TRAINING

THURSDAY, JUNE 5th from 10:00 - 10:45am, Healthy Living Center

Learn how to navigate the First Coast YMCA app.

WALKING CLUB

FRIDAY, JUNE 6th from 3:00 - 4:00pm, Wellness Floor

"LET'S BEAT THE HEAT" and walk together on the treadmills.

SPECIAL EVENT: FATHER'S DAY CELEBRATION

WEDNESDAY, JUNE 11th from 12:30 - 2:00pm, Studio A

See separate flyer for event details.

ARTS & CRAFT: PAINT WITH A TWIST

MONDAY, JUNE 16th from 12:30 - 2:30pm, Studio A

Bring your favorite snack and learn how to paint a flower! **(Cost: \$5.00 for supplies. Registration and payment can be completed at the Welcome Center.)**

BOWLING

WEDNESDAY, JUNE 18th from 12:30 - 2:15pm

King Pins Bowling Center at 5310 Lenox Avenue

Get out and knock over some pins with your Y friends! You get shoes, two games, and a hotdog lunch for \$8.50.

(Reserve your spot in the app or online. Payment can be made at the Bowling Alley.)

ARTS & CRAFTS: QUILTING

MONDAY, JUNE 23rd from 12:30 - 2:00pm, KidZone

Continue Quilting and we will introduce the sewing machine.

PARTY AND PLAY: BINGO AND BIRTHDAYS

WEDNESDAY, JUNE 25th from 12:15 - 1:30pm, Studio A

Join us for an afternoon shouting your favorite word—BINGO! We will have prize for winners, fun with friends, and lots of laughs. We will also be celebrating this month's birthdays!

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!