



## 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.

YMCA AT FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | **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](https://fcymca.org).

**Many activities held over the summer will be hosted at  
Trinity North Church (as indicated below).  
Please join us at 6350 FL-16A in St. Augustine.**

### Bible Study at the Y!

**Wednesdays, June 4<sup>th</sup> & 18<sup>th</sup>, 1:30 – 3:00pm, Trinity North Church**

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All are welcome. The Bible is a part of daily life for both men, and they look forward to exploring the Word with you in whatever form will best meet the needs of our collective group. The group is currently studying *Growing Older & Wiser* by LifeGuide.

### Mahjong Monday!

**Mondays from 1:00 – 4:00pm, Trinity North Church (Note: No Mahjong Monday June 16!)**

Must know how to play. If you are interested but do not know how to play, please contact Lisa at [Ldole@fcymca.org](mailto:Ldole@fcymca.org).

### Bass & Beyond! Fishing Club

**Thursdays, June 5<sup>th</sup> & 19<sup>th</sup>, 7:00 – 8:30am, pond behind the YMCA (please park on the grass)**

"Hooked for life." Every cast tells a story, so join us for tight lines and good times. See if you can hook the large bass in the pond! Bring all your own equipment and coffee. Bring a friend, son or grandfather, daughter or mother.

### Close-KNIT Game Crew

**Friday, June 6<sup>th</sup>, 1:00 – 2:00pm, Trinity North Church**

Do you like to crochet or knit? Join us, use your own pattern, or use one we have. We can teach basic crochet skills if you'd like to learn! If crochet and knitting are not for you, join us for games and conversations. All games are provided.

### Book Club: For the Love of Reading!

**Tuesday, June 10<sup>th</sup>, 1:00 – 2:00pm, Trinity North Church**

*Erotic Stories for Punjabi Widows* by Balli Kaur Jaswal. Nikki is a young woman searching to find her place in the world, caught between the pulls of her traditional Sikh family and growing up in modern London culture. It spirals into a class of sharing erotic stories and the many adventures that ensue.

### Game Day!

**Wednesday, June 11<sup>th</sup>, 12:45 – 1:45pm, Trinity North Church**

Come join other individuals who love to play Board Games, Cards, Puzzles and other social games. Bring your own game and teach others how to play! Come ready to laugh and have fun! Some games provided.

### Color Me Calm

**Friday, June 20<sup>th</sup>, 1:00 – 2:00pm, Trinity North Church**

If you like to color, join us for a relaxing time of conversation and coloring. No artistic talent required. All supplies are provided or feel free bring your own.

### BINGO

**Wednesday, June 25<sup>th</sup>, 1:30 – 2:30pm, Trinity North Church**

Join us as you yell your favorite word...BINGO! Win prizes while making friends! Sign up in the FCYMCA app.

### Lunch Bunch: Cultivate Tea & Spice

**Friday, June 27<sup>th</sup>, 12:30 – 2:00pm, Meet at Cultivate Tea & Spice at Trinity North Church**

Please make sure to reserve your spot in the app. **Members are responsible for paying for their own meal.**