



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 NOCATEE | 400 Colonnade Drive | 904.671.9622 | JUNE 2025

June EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations.

Reservations can be made in our app.

Email ebloomberg@fcymca.org with questions or suggestions.

Healthy Aging Majong Meetup

Every Friday, 2:00 – 5:00pm, Multipurpose Room

If you are a Mahjong lover, come see us every Friday at the Y for fun and friendship!

****Requirements: Must know how to play and have a card.****

Healthy Aging Social

Thursday, June 5th, 4:00 – 6:00pm, Coastal Wine

Enjoy Happy Hour specials! This trip is all about good times, laughter, and making memories!

****Participants will be responsible for paying for their own drinks.****

Special Class: Healthy Aging Chair Yoga Pop-up

Friday, June 6th, 3:00 – 3:45pm, Studio A

Join instructor Jill for a special pop-up Chair Yoga class featuring gentle, breath-led movement – seated or with chair support. Rooted in yoga's healing traditions, this practice enhances strength and mobility, while intuitively guiding you back to your body's natural intelligence.

Healthy Aging Trainer Talk

Monday, June 9th 12:30 – 1:00pm, Multi-Purpose Room

Join trainer Kristin for "Fueling Wellness Over 50: Lifestyle, Movement, and Smart Choices"

Healthy Aging Lunch Bunch

Wednesday, June 11th, 12:30 – 2:00pm, South Kitchen

Food and Friendship! Enjoy a yummy lunch while socializing with your fellow members.

****Participants will be responsible for paying for their own food.****

Healthy Aging Trivia

Tuesday, June 17th, 7:00 – 8:30pm, Nocatee Treylor Park

Join the YMCA Healthy Aging team of Ys and Y Nots as we compete with our general knowledge!

Healthy Aging Book Club

Tuesday, June 24th, 3:30 – 4:30pm, Multi-purpose Room

The book for this month is TBA. Please email Libby for the title at Eblumberg@fcymca.org.

Healthy Aging Coffee and Convo

Wednesday, June 25th, 9:30 – 10:30am, Seasons Café at the YMCA

Join fellow members over the fragrant aroma of coffee and good conversation. A great way to meet new friends!

****Participants will be responsible for paying for their own coffee.****