



## 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 WIDLIGHT | 251 Breezeway Street | 904.849.9622 | 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).**

### **Walking Club**

**Saturdays, June 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>, 9:00 – 10:00am, Upstairs Walking Track**

Come with your walking shoes on as you join Mrs. Evelyn for some walking and talking.

### **BINGO!**

**Thursday, June 5<sup>th</sup>, 12:00 – 1:00pm, Teen Center**

Who doesn't love the classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **Please feel free to bring lunch or a snack to enjoy while playing.**

### **Arts & Crafts: Pizza & Painting**

**Friday, June 6<sup>th</sup>, 6:15 – 7:00pm, Teen Center**

Come join us with other Families at our Families Unplugged Event Pizza and Painting. We will be painting a themed canvas of April Showers as we enjoy conversation and pizza. **(Member cost is \$10.00. PLEASE visit our Welcome Center Desk to register and pay so we can get a head count on participants)**

### **Puzzles**

**Tuesday, June 10<sup>th</sup>, 12:30 – 1:30pm, Teen Center**

Stop by for some good conversation and puzzle building as we chitchat about your week or upcoming plans!

### **Knitting Class**

**Thursday, June 12<sup>th</sup>, 12:00 – 2:00pm, Teen Center**

Come join Carol as she teaches us the basics of beginner knitting.

### **Arts & Crafts: Rock Painting**

**Tuesday, June 17<sup>th</sup>, 12:00 – 1:00pm, Teen Center**

Come be creative with us as we craft up our very own personal rock.

### **Brunch Bunch**

**Thursday, June 19<sup>th</sup>, 12:15 – 2:00pm, Grumpy's**

Join us at Grumpy's for some delicious Brunch and great convo. Be sure to reserve your spot in the app!

**\*Participants will be responsible for paying for their own meals.\***

### **Coffee and Conversation**

**Tuesday, June 24<sup>th</sup>, 9:30 – 10:30am, Lobby**

Stop by for a cup of coffee and chit chat about your week or upcoming Summer Plans!

### **Cooking Demonstration with Feeding Northeast Florida**

**Thursday, June 26<sup>th</sup>, 12:00 – 1:00pm, Teen Center**

Enjoy a cooking demonstration with Beth from Feeding Northeast Florida as she teaches how to focus on healthy habits and cooking confidence! Small food samples will be provided to all that attend.

### **Tech 101**

**Friday, June 27<sup>th</sup>, 12:00 – 1:00pm, Teen Center**

Technology can be a bit difficult and so much is changing rapidly, so bring your phone, laptop or tablet in and we will help you step by step through issues you may be having.