



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | May 2026

Stay Active. Stay Connected. Stay Well

May is recognized nationwide as Mental Health Awareness Month, a time to raise awareness, reduce stigma, and support overall well-being. Mental health is a vital part of your overall health—just like physical fitness. In fact, your mental and physical health are deeply connected, and caring for one helps support the other.

For older adults, life changes like retirement, health concerns, or loss of loved ones can impact emotional well-being—but staying active and connected can make a powerful difference.



Champion Your Health!

Celebrate Older Americans Month by getting involved:

- Bring a friend to a class
- Attend a social event or workshop
- Explore a new Healthy Living program

WAYS TO STAY CONNECTED THIS MONTH

Try one of these simple ways to build connection:

- Invite a friend to join you at the Y
- Stay after class and chat with someone new
- Try a new class or program
- Join a walking group or social event
- Volunteer and give back to your community





IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | MAY 2026

MAY EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app or online at fcymca.org.

SENIOR CHAIR VOLLEYBALL

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita and your Y friends while getting in a great workout and having fun!

PRESENTATION: E-BIKE Safety Program

Saturday, May 2nd, 10:30 – 11:30am, Family Activities Center

Learn about safety, rules and regulations, injury prevention, proper helmet use, and e-bike maintenance. **Register using the QR code on the flyer – see bulletin board.**

COOKIE DECORATING CLASS

Sunday, May 3rd, 11:00am – 12:00pm, Family Activities Center

Learn how to decorate beautiful flower-themed cookies, perfect for celebrating moms and making memories. **Cost is \$20 per kit**, which makes 4 cookies. Kit includes 4 cookies, icing, jar, and candles. Additional cookies can be added. **You must pre-order your cookie kit from the baker using the QR code on the flyer – see bulletin board to register.** Can't make it? **No problem...take-home kits are also available!**

CELEBRATION: Cinco de Mayo recognition in Group Exercise classes

Tuesday, May 5th, all classes

Bring and wear your sombrero while attending classes! Take some fun pictures to post on our bulletin board! **Simply register for your class on that day and join in the fun!**

ARTS AND CRAFTS: T-shirt Tote

Friday, May 8th, 11:30am – 12:30pm, Family Activities Center

Bring a favorite old t-shirt to cut up and create a new t-shirt tote!

WELLNESS ORIENTATION: INTRO TO WEIGHT MACHINES

Wednesday, May 13th, 2:00 – 3:00pm, Wellness Floor

Come join Cholita for an introduction to the weight machines on our Wellness Floor. In a group setting, both new and existing members can benefit from this informative session!

BOOK CLUB

Thursday, May 14th, 10:00 – 11:00am, Common Area

This month's read is Judge Stone by James Patterson and Viola Davis. Come fellowship and discuss your thoughts about the book...or just come, listen, and enjoy the company!

COFFEE AND CONVO

Fridays, May 15th and 29th, 10:00am – 12:00pm, Common Area

Come for the coffee and fellowship, bring a treat to share (optional), and meet new Y friends! This is a great time to celebrate the May birthdays of our fellow members, too!

WALKING CLUB: Wellness Walk

Tuesday, May 19th, 9:30 – 10:15am, meet in Common Area

Get your cardio in and join your Y friends for a 45-minute wellness walk around the surrounding grounds of the Y.