



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.

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | MAY 2026

MAY 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.**

Bible Study

Every Friday, 12:00 - 1:00pm, Studio D

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. All denominations are welcome.

Mah Jong

Tuesdays, May 5th and 19th, 11:30am - 12:30pm, Conference Room

We're Learning how to play **American Mah Jong!** If you did not attend the April sessions, you may attend as an observer.

Questions? Email Judy Carol at jcarol@fcymca.org

Lunch Bunch

Monday, May 11th, 12:30 - 2:00pm, meet at Red Robin at Town Center

Join us for food and friendship! ***Participants will be responsible for paying for their own meal.***

Games and Gab

Tuesdays, May 12th and May 26th, 11:30am - 12:30pm, Studio D

Bring your own lunch/snack and get ready to play games! (Board games, card games, brain teasers, etc.) Enjoy socializing with a little friendly competition and mental stimulation!

Bocce Ball

Wednesday, May 13th, 11:00am - 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

Musical Bingo, sponsored by Archwell Health

Wednesday, May 13th, 12:00 - 1:00pm, Conference Room

Join us for some music-inspired BINGO! Feel free to bring a snack to enjoy while playing!

Volunteer Meeting

Friday, May 15th, 1:15 - 2:15pm, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and get questions answered!

BINGO!

Friday, May 15th, 12:00 - 12:30pm, Conference Room

LUNCH and LEARN, sponsored by Archwell Health

Wednesday, May 20th, 12:00 - 1:00pm, Conference Room

Topic: Building Community as You Age. **Lunch provided to all registrants - reservations required!**

Coffee and Conversation

Wednesday, May 27th, 11:30am - 12:30pm, Lobby

Coffee (also, tea and cocoa!), homemade baked goods, and socializing! Foster new friendships and connections.

New Member Orientation for Seniors

Wednesday, May 27th, 2:15 - 3:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

Book Club: Books@Brooks

Thursday, May 28th, 2:15 - 3:15pm, Studio D

Still Life, by Sarah Winman. Reading the book is encouraged, but not required. 2026 Book List available upon request.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a prize: The Senior of the Month Parking Spot! **Pick up your card at the Front Desk!**

PLEASE remember to swipe your membership card or scan in at the front desk **EVERY** day that you visit!
We depend on you!

Have suggestions, inspiration, or feedback?
Reach out to Judy Carol, our Brooks Family YMCA Healthy Aging Coordinator!
Email: jcarol@fcymca.org