



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.

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | 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 by selecting Classes, and

Filter by Healthy Aging Class Type or online at fcymca.org.

WOMEN'S BIBLE STUDY

Every Wednesday, 9:00 -10:00am, Horschel Center for Health & Wellbeing

Come connect, learn, and be encouraged at our Women's Bible Study. We'd love to have you join us!

(Registration Class Name - Healthy Aging Bible Study)**

MAH JONG EVENTS

MAH JONG 101: LEARN TO PLAY MAHJONG (INSTRUCTOR PRESENT)

Wednesdays, May 6th and 20th, 12:30 – 2:30pm, Horschel Center for Health & Wellbeing

If you're new to the game, come by on one of these days to learn from experienced instructors...then stay to play and practice your new skills.

(Registration Class Name - Healthy Aging Mahjong 101)

ALL-LEVEL MAH JONG (NO Instructors present except on Mah Jong 101 date(s)above)

Every Wednesday, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing

Come join us every Wednesday for Mahjong, whether you're a seasoned player or a beginner.

(Registration Class Name - Healthy Aging All Lvl Mahjong)

CANASTA

Every Friday, 12:45 - 2:45pm, Horschel Center for Health & Wellbeing

Come join us for Canasta. Whether you're a seasoned player, just starting out, or want to learn to play... everyone is welcome.

(Registration Class Name - Healthy Aging Canasta)

MEDITATION CLASS

Friday, May 15th, 12:45 - 1:45pm, SMB Studio

Take a pause from the noise and reconnect with yourself. Join our Meditation class and experience calm, clarity, and balance — one breath at a time.

(Registration Class Name - Healthy Aging Mediation Class)

TECH 101: TECH HELP WITH DAVID

Thursday, May 21st, 10:30am - 12:00pm, in the Teen Center

Need help with your devices? Bring your smartphone, laptops, e-reader, and your tech questions. David will be on hand to help with your technological needs. **(Registration Class Name - Healthy Aging Tech 101)**

BOOK CLUB

Thursday, May 21st, 11:30am – 12:30pm, Horschel Center for Health & Wellbeing

Join us for a lively discussion of the Book, "The Great Alone by Kristin Hannah". Even if you haven't had a chance to read the book, we'd still love you to join us and pick up the book for next month. Come for the books, stay for the community!

(Registration Class Name - Healthy Aging Book Club)

LUNCH BUNCH

Thursday, May 21st, 1:00 – 2:30pm, Meet for lunch at 1810 Tacos y Tequila, 950 Marsh Landing Pkwy, Jacksonville Beach to enjoy a yummy lunch together while socializing with friends or maybe even make a few new ones. ***Participants are responsible for paying for their own meals***

(Registration Class Name - Healthy Aging Lunch Bunch)