



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.

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | 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.

COFFEE AND CONVO

Friday, May 1st, 9:30 – 10:30am, Lobby

Join Kimberly for coffee and discussion about upcoming AOA activities, AOA Committee... and more!

Music BINGO with Archwell Health

Tuesday, May 5th, 10:00 – 11:00am, Youth Center

Join Archwell Health for a fun and interactive game of Music BINGO! Enjoy familiar tunes, friendly competition, and a chance to win prizes while connecting with others in the community.

SENIOR CHAIR VOLLEYBALL

Tuesdays, May 5th and 19th, 12:45 - 1:45pm, GYM

Stay active, laugh and have fun with friends! No experience needed---just bring your energy and enthusiasm!

ARTS AND CRAFTS: Create Your Own Craft Corner

Thursday, May 7th, 12:30 - 1:30pm, Youth Center

Let your creativity shine! Design and create your own unique craft using a variety of fun supplies. Whether you keep it simple or go all out, this is your chance to make something completely your own!

ARTS AND CRAFTS: Jewelry Making with Better Health Group

Monday, May 11th, 12:30 - 1:30pm, Youth Center

Join us for a fun and creative jewelry-making class hosted by Better Health Group! Create your own beautiful, one-of-a-kind pieces while enjoying a relaxed and social atmosphere.

PARTY AND PLAY: BINGO and Birthdays

Wednesday, May 13th, 12:30 - 1:30pm, Youth Center

Fun, prizes, and more!!! If you are celebrating a birthday in May, stop by BINGO and enjoy a sweet treat with your friends and family.

PAINTING PARTY: Paint with Jackie

Friday, May 22nd, 12:30 - 2:30pm, Youth Center

Join us for a creative and relaxing class as Jackie guides you step-by-step in creating a beautiful painting on canvas. No experience necessary—just bring your creativity for a fun, inspiring time painting and unwinding!

LUNCH & LEARN: BUILDING COMMUNITY AS YOU AGE, sponsored by Archwell Health

Tuesday, May 26th, 12:00–1:00 PM, Studio B

Join Archwell Health for an engaging Lunch & Learn focused on the importance of staying connected as we age.

CARDIO CHALLENGE

Wednesday, May 27th, 12:30 - 1:15pm, Wellness Floor

Join our fun challenge designed to get you moving, boost your energy, and keep your heart healthy!

BUNCO

Friday, May 29th, 12:15 - 1:15pm, Studio B

Join us for a fun afternoon of dice rolling, laughter, and great company! No experience needed—just come ready to play, socialize, and enjoy some lighthearted competition. Prizes, snacks, and plenty of smiles included!

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center starting November 1st. Each time you visit the Y, get it punched! Enter drawing to win a cool prize this month!

More visits=More chances to WIN!

PICKLE BALL PLAY!

Mondays, Wednesdays, & Fridays
12:00 - 2:00pm
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Kimberly Sutton at ksutton@fcymca.org for more information!