



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.

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | MARCH 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.

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, May 4, 9:30 – 10:30am, Healthy Living Center

BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays, May 6, 13, 20, and 27, 10:00 – 11:00am, Healthy Living Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, May 6, 13, 20 and 27, 1:00 – 2:00pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

FOOD PANTRY WEDNESDAYS & FRIDAYS

Wednesdays, 3:00 – 5:00 pm AND Fridays, 12:00 – 2:00pm, Food Pantry at the Johnson YMCA

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. **While supplies last. All are welcome to attend, no registration required. Valid ID needed for first visit.**

MUSIC BINGO, sponsored by Archwell Health

Friday, May 8th, 10:00 – 11:00am, Pre-Teen Center

Join Archwell for some music-centered BINGO fun!

CROCHET CLUB

Monday, May 11 and 13, 10:00 – 11:30am, Healthy Living Center

Whether you are just starting out crocheting, or you have been crocheting for years, this is for you.

R&B BINGO

Tuesday, May 12, 6:00 – 7:30pm, Teen Center

Get ready to dance and sing along! Players mark their cards as the DJ plays R&B songs, creating a sing-along, dancing party atmosphere. **Tickets are \$15, includes refreshments. Register at the Welcome Center.** KidZone will be open.

MOTHER'S DAY LUNCHEON

Monday, May 15, 11:00am – 1:00pm, Teen Center

We are celebrating and honoring Mothers! Join our Mother's Luncheon for a delicious lunch, hearty laughter, and welcoming fellowship, while supplies last. **Capacity is limited. Members only.**

MID-DAY MOVIE: UPTOWN SATURDAY NIGHT

Tuesday, May 15, 11:00am – 1:30pm, Teen Center

Enjoy the movie, Uptown Saturday Night (1974). A classic buddy comedy directed by and starring Sidney Poitier with Bill Cosby. Rated PG. Refreshments provided while they last.

BINGO WITH BEVERLY!

Friday, May 22, 10:00am – 12:00pm, Pre-Teen Center

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun. All are welcome to attend.

MAY MEMBER APPRECIATION: MEMORIAL DAY EDITION

Wednesday, May 25, 12:00 – 2:00pm, Outdoor Gazebo

Join us to celebrate May's birthdays and recognitions as well as Memorial Day with an outdoor cook-out. While supplies last.

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Tuesday, May 26, 11:00am – 12:30pm, Healthy Living Center

Introducing "Conversations with Saundra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

LUNCH AND LEARN: BUILDING COMMUNITY AS YOU AGE, presented by Archwell Health

Wednesday, May 27, 12:00 – 1:00pm, Teen Center

Join the Y and Archwell for a learning experience! **Lunch provided to all registrants...reservations required!**

CHAIR ONE FITNESS EXPO: HEALING IN MOTION: CALM AND STRONG EXPERIENCE

Saturday, May 30, 11:00am – 1:00pm, Gym

Your mental health matters. Don't hesitate to reach out and seek the support you deserve. Together, we can overcome challenges, build resilience, and foster a positive mental well-being. **Tickets are \$25. Register at the Welcome Center.**