



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.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | 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.

Tech 101: All Things FCYMCA

Tuesday, May 5th, 10:30 – 11:30am, Lobby

Bring your phone and we can help you set up the FCYMCA app. We can walk you through some of the features the app has to offer, such as checking your Perkiwille points and booking your favorite group class.

Game Day! Board & Card Games

Wednesdays, May 6th and May 20th, 3:00 – 4:30pm, KidZone

Bring your favorite board or card games to provide mental stimulation and friendly competition! Variety of games provided onsite.

Arts and Crafts: Chunky Blanket Making

Wednesdays, May 13th & May 20th, 10:30am – 12:30pm, Conference Room

Learn to make a chunky blanket using no knitting or crochet needles. **Please order at least one skein of chunky yarn and bring to class. Registration required, limit of five participants.**

Pictionary and Lunch, sponsored by Millenium Physician Group

Thursday, May 7th, 11:00am – 12:00pm, Conference Room

Play Pictionary and enjoy lunch with Millenium Physician Group. Have some fun and spark your creativity!

Registration required, limit of 12 participants.

Walking Group: Japanese Walking

Fridays, May 8th and 15th, 10:00 – 11:00am, meet on the Front Porch

Boost the health benefits of walking with interval walks. We'll walk 3 minutes at a brisk pace, and 3 minutes at a recovery pace for 30 to 45 minutes.

Zen on the Greenway (Nassau County-hosted event)

Saturday, May 9th, 9:00 – 10:00am, Nature Pavilion at Atlantic Recreation Center

Join your Y friends at this Nassau County-hosted event, a walking workshop with tips on simple mindfulness, stress management, and meditation practices. The county event is free but **participants MUST register directly online at keepnassaubeautiful.org/events.**

Location address is 2490 Atlantic Avenue, meet at the Pirate playground.

Pickleball 101

Thursday, May 14th, 9:00 – 10:00am, Gymnasium

An introductory pickleball session designed for first-time players. You'll learn the fundamentals: how to serve, score, move on the court, and basic game rules. Equipment is usually provided, and no prior experience is required. **Registration required, limit of 12 participants.**

Walking Club: Walk the Hills!

Friday, May 22nd, 10:00 – 11:00am, meet at the playground at 2201 Atlantic Avenue

Meet up for a hilly walk! Explore the undulating small hills in this neighborhood and take a brief pause to view the marsh at Sunrise Park. Parking available on-site.

Arts and Crafts: Seashell Painting

Thursday, May 28th, 10:00 – 11:00am, Conference Room (Back of Gymnasium)

Try your hand at embellishing seashells. Make a gift for a friend or a treasure for yourself. Supplies provided. **Registration required, limit of eight participants.**