



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.

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | MAY 2026

MAY EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).

Reservations can be made in our app and online at fcymca.org.

KICKBOXING 101 with PATSY

Every Monday, 4:20 - 5:10pm, STUDIO A

Join Patsy every Monday night learning fundamental skills of kickboxing. Please bring a mat and a water bottle, along with your enthusiasm.

CANASTA

Every Monday, 10:00am to 12:00pm, WELLNESS ROOM @ WEST AUGUSTINE

Playing cards with friends a lot better at the YMCA. Please join us at the West Augustine location for a fun game of Canasta.

WALKING CLUB

Tuesdays and Thursdays in May, 9:00 to 10:30am, LOCAL TRAILS

Would you like to walk with friends? Join Tim, our Wellness Coordinator, every Tuesday and Thursday as we launch our Walking Club.

MAHJONG

Every Wednesday, 12:30 to 3:30pm, WELLNESS ROOM @ WEST AUGUSTINE

Let's get ready for some brain games. Please join us every Wednesday for a fun game of Mahjong.

TRIVIA

Every Friday, 10:00 to 11:00am, WELLNESS ROOM @ WEST AUGUSTINE

Do you love challenging your brain??? Well do so with friends that love challenges too!!!

NACHO AVERAGE LINE DANCE with ANGIE BENNETT

Wednesday, May 7th, 2:00 to 2:30pm, STUDIO A

We are still celebrating Cinco de Mayo this week. Please join Angie and friends in Studio A for another round of Cinco de Mayo. Dress to Impress!!!!

RED, WHITE, AND GROOVE LINE DANCE with ANGIE BENNETT

Wednesday, May 21st, 2:00 - 2:30pm, STUDIO A

Happy Memorial weekend. Please wear patriotic colors and come do line dances with us as we celebrate Memorial Day.

BIRTHDAY CELEBRATION

Friday, May 29th, 10:00am to 12:00pm, LOBBY

Are you or someone you know celebrating a birthday in May? Please join us in celebrating yours or someone else's birthday for the month of May.