



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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | MAY 2026

MAY EVENTS AND ACTIVITIES

All events are free of charge (unless otherwise noted) and require reservations. Reservations can be made in our app and online at fcymca.org.

Bible Study

Every Friday, 12:30 - 1:30pm, Community Center Room

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Urban Soul Line Dancing

Friday, May 1st, 6:00 - 7:30pm, Studio A

Join in the fun and bring a friend for some line dancing fun!

Coffee & Convo

Monday, May 4th, 9:00 - 10:00am, Front Lobby Area

Come enjoy a great cup of coffee, light snack and a good conversation.

Social: Fiesta Friends...Salsa & Guac!

Tuesday, May 5th, 12:00 - 1:00pm, Front Lobby Area

A joyful social filled with music, mingling, and delicious bites. Stop by and say hey!

Game Day

Tuesday, May 19th, 3:00 - 4:30pm, Community Center Room

It's time for PING PONG! Also, enjoy a variety of different games. Bring your friends!

Pictionary (and Lunch!), sponsored by Millenium Physician Group

Wednesday, May 20th, 11:00am - 12:00pm, Healthy Living Center

Come and join us for a fun game of Pictionary and lunch all while having loads of fun and information.

***Reservations required. Lunch provided to all registrants.**

Lunch and Learn, sponsored by Conviva

Wednesday, May 20th, 12:00 - 1:00pm, Community Center

Enjoy a fun afternoon learning about health topics and enjoying a lunch together with friends.

***Reservations required. Lunch provided to all registrants.**

Crochet Club

Thursday, May 21st, 3:00 - 4:30pm, Community Center Room

Come create with us as we crochet various items to donate to local nonprofit organizations.

Book Club

Tuesday, May 26th, 1:15 - 2:30pm, Healthy Living Center

Join us for a peer led, healthy literary discussion. We are currently reading "Best Families" by Rex Stout.

Arts and Crafts

Tuesday, May 26th, 3:00 - 4:30pm, Community Center Room

Staff-led and loads of fun!

Party and Play: Bingo & Birthdays!

Thursday, May 28th, 3:15 - 5:00pm, Community Center Room

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

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center. Each time you visit the Y, get it punched!

**More visits =
More chances to WIN!**

PICKLE BALL

Pickle Ball Play

Mondays / Wednesdays, 2:00 - 4:00pm
Tuesdays / Thursdays / Fridays, 1:00 - 4:00pm
Thursdays, 8:00 - 10:30am
Sundays, 10:00am - 12:00pm
Beg Instruction Fri. 11:00am - 12:00pm
Beginner Play Fridays, 12:00 - 1:00pm

Interested in volunteering or being a part of our AOA Committee? Email our Healthy Aging Coordinator Alethea Endel at aendel@fcymca.org