



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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 | 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 fcmca.org.

Crochet / Knitting Class

Mondays in May, 1:30 – 3:30pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested, we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

Bible Study

Friday, May 1st, 11:00am – 12:00 am, Teaching Kitchen

Studying from Joyce Meyer's In Search Of Wisdom, Life Changing Truths from the Book Of Proverbs. Available on Amazon. Please bring your Bible and Notebook as well. All denominations are welcome!

Party & Play: Birthdays and BINGO

Tuesday, May 5th, 10:00 – 11:00 am, Teaching Kitchen

Come celebrate our fellow members with May birthdays...and enjoy some BINGO fun!

Talk With a Doc Brunch and Learn, sponsored by Baptist Health

Tuesday, May 12th, 10:00 – 11:00 am, Teaching Kitchen

Understanding Prostate Health with Dr. McCormick from Baptist Health. **Brunch provided to all registrants... reservations required!**

Brunch & Learn

Thursday, May 14th, 9:30 – 10:30am, Teaching Kitchen

First Alert Meteorologist for Action News Jax, Garrett Bedenbaugh, will share hurricane safety tips with us. **Brunch provided to all registrants...reservations required!**

Music & Memories

Friday, May 15th, 10:00 – 11:00am, Teaching Kitchen

Join us for a trip down Memory Lane! Listen to music that shaped our lives and journal special memories! Journals pr

Potluck: Mother's Day Tea

Tuesday, May 19th, 11:00am – 12:00pm, Teaching Kitchen

Come celebrate the mothers in your life...or simply enjoy the company of your fellow Y members! Please bring some tea party foods to share.

Bowling

Wednesday, May 20th, 12:00 – 1:30pm, Batt Family Fun Center (1838 Cassat Avenue)

Join us for some bowling fun & healthy competition. \$15.00 gets 2 full games on private lanes. Lunch & Shoes not included. ***Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!***

Book Club

Tuesday, May 26th 11:00am – 12:00pm, Teaching Kitchen

This month's book is James by Percival Everett. Come enjoy fun and fulfilling literary conversation!

Painting Party

Friday, May 29th, 10:00 – 11:30am, Teaching Kitchen

Come unleash your inner artist...no experience required!

Day Trip: Fish 'N Thrift

Saturday, May 30th, 8:00am – 1:30pm

Schedule for our Day Trip (transportation NOT provided):

Start the day at **8:00am**, meeting at **Pecan Park Flea Market (614 Pecan Park Road)**. At **10:00am**, meet at **Andy's Attic (58 Oceanway Avenue)** for some more thrifting fun! Finally, let's meet at **11:45am** for lunch at **Seafood Express (12961 North Main Street)**. **Join anytime at any of the locations listed. *Participants are responsible for paying for their meal and any other purchases. One lucky member will have lunch paid for by the Y ***