



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.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | 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.

ARTS AND CRAFT: SILK FLOWERS ARRANGEMENT CLASS

Monday, May 4th, 1:00 - 3:00pm, Studio B

Come and join instructor Pat Stokes as you learn to make your own arrangement. Supplies provided, but you can bring your own flowers in the color of your choice, if you would like. **Please also bring a snack to share (optional).**

TECH TALK

Thursday, May 7th, 10:00 - 10:45am, Wellness Center

Come let us help you download the Y app and answer any questions you may have.

LUNCH BUNCH: MOTHERS DAY LUNCH

Thursday, May 7th, 1:00 - 3:00pm, Annie Ru's (5045 Soutel Drive, 32208)

Come join us for lunch in honor of Mother's Day. Restaurant cost and menu information available at the Welcome Center. **Participants will be responsible for paying for their own meals.**

LUNCH AND LEARN: Beyond the Salad Bowl

Wednesday, May 12th, 11:30am - 12:15pm, Wellness Center

Join Shoba Balaji, a Registered Dietician with the First Coast YMCA, for a practical myth-busting look at plant-based eating. **Seating is limited...reserve your space today!**

BOOK CLUB

Wednesday, May 13th, 12:30 - 2:30pm, Studio A

Join the Baptist North Seniors for the book discussion, The Bee Sting by Paul Murray

BOWLING

Wednesday, May 20th, 12:30 - 2:30pm, Batt Family Fun Center (1838 Cassat Ave)

Get out and knock over some pins, with Winston for friendly competition, two games shoes Included with hotdog, fries, and soda for \$14.99.

***Registration is required. Payment can be made directly at the Fun Center.**

WALKING CLUB: LET'S GET THOSE STEPS IN!

Friday, May 22nd, 7:30 - 8:30am, Baptist-North Healthy Living Trail

Let's step into the spring season with a walk on our trail. Three laps equal one mile!

PARTY AND PLAY: BINGO AND BIRTHDAYS

Wednesday, May 27th, 12:30pm - 2:30pm, Studio A

Join us for an afternoon shouting your favorite word...BINGO. At the same time, let's celebrate the May birthdays of our fellow members!!