



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 FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | May 2026

MAY EVENTS AND ACTIVITIES

Events are offered at no cost but require reservations (unless otherwise noted). Reservations can be made in our app and online at fcymca.org.

Mahjong Mondays...and Thursdays!

Every Monday and Thursday, 12:30 - 3:00pm, Multi-Purpose Room

Calling Mahjong players! Whether you are a seasoned player or want to learn the game, this is for you. The **third Monday** of the month will be a time when members can learn about the game and be taught how to play as seasoned players continue with Mahjong!

Game Day

Wednesday, May 6th at 12:30-1:30pm, Multi-Purpose Room

Come join other members who love to play board games, Rummikub, Mexican Train and other social games. Come ready to learn and laugh.

Book Club

Tuesday, May 12th 1:00 - 2:00pm, Multi-Purpose Room

My Husband's Wife by Alice Feeney will be discussed in May. This is a psychological thriller about an artist who returns home to find a woman who looks just like her claiming to be her husband's wife.

Bible Study at the Y!

Wednesdays, May 13th and 27th, 1:30 - 3:00pm, Multi- Purpose Room

Our fellow members and volunteers, Alen Felumlee and David Greer, will be leading our community in faith-based studies. All denominations are welcome. Currently studying the book of ACTS.

Potluck: Desserts!

Friday, May 15th, 12:30 - 1:30pm, Multi-Purpose Room

Whip up a dessert for our YMCA get-together! The only catch: skip the chocolate and the usual sugary sweets—let's keep it light. For example, Chia Seed pudding, or fresh fruit with homemade toppings.

BINGO!

Wednesday, May 20th, 1:00 - 2:00pm, Multi-Purpose Room

Join as you yell your favorite word... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh! You won't want to miss it!

Lunch Bunch: Heading to Durbin for Chicken Salad Chick (415 Durbin Park Pavilion)

Friday, May 22nd, 12:30 - 2:00pm

Join us for food and friends! Please make sure to reserve your spot in the app!

Members will be responsible for paying for their own meals.