



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 NOCATEE | 400 Colonnade Drive | 904-671-9622 | MAY 2026

MAY EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations.

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

Email Libby at eblumberg@fcymca.org for questions or suggestions.

Mahjong Meetup

Every Friday, 2:00 - 5:00pm, Teen Center

Join fellow experienced players for a game that sharpens the mind and brings friends together.

Walking Club

Wednesdays in May, 11:00 - 11:45am, meet at the front of the YMCA

Join trainer and instructor Jen for an enjoyable walk. All ages welcome. You can bring your dog!

Brunch Bunch: Fiesta at First Watch

Tuesday, May 5th, 10:30 - 11:45am, meet at First Watch (295 Pine Lake Drive)

Join fellow members for a delicious brunch and lively conversation.

Participants will be responsible for paying for their own meals.

Social: Muffins for Moms

Thursday, May 7th, 10:30 - 11:30am, Teen Center

All are welcome to this special event for Moms. Enjoy a treat, conversation, and a parting gift.

Lunch Bunch

Monday, May 11th, 1:30 - 2:45pm, meet at Salata (641 Crosswater Parkway, Ste B)

Enjoy fun, food, and Y friendship as we meet at Salata for lunch!

Participants will be responsible for paying for their own meals.

Dominoes: Mexican Train

Tuesday, May 19th, 2:00 - 3:30pm, Teen Center

Join fellow members for the Dominoes game Mexican Train. Beginners welcome...this game is easy to learn and fun to play!

Book Club

Tuesday, May 26th, 3:30 - 4:30pm, Teen Center

Join fellow book lovers for a discussion of this month's book, The Cassatt Sisters by Lisa Groen.

Coffee and Convo

Wednesday, May 27th, 9:30 - 10:30am, Lobby of the YMCA

Enjoy lively conversation over coffee while making new friends!

Participants will be responsible for paying for their own coffee/food items.