



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 WIDLIGHT | 251 Breezeway Street, Suite 120 | 904-849-9622 | 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 fcmca.org.

Reservations are open at newsletter publication and can be made at any time – there is no need to wait until 24 hours prior to event time to reserve your spot!

Walking Club

Saturdays in May, 9:00 – 10:00am, Upstairs Walking Track

Lace up your walking shoes and join Mrs. Evelyn for an hour of walking and talking! It's a great way to get moving, enjoy good company, and start your weekend off right. On select Saturdays, the group also picks up trash to help keep our community clean, takes relaxing nature walks, and even strolls to the local farmer's market. Every week brings something a little different, come walk with us!

BINGO!

Thursdays, May 7th, 12:00 – 1:00pm, Teen Center

Who doesn't love the classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **Please feel free to bring yourself some lunch or a snack to enjoy while playing.**

Tech 101

Tuesday, May 12th, 12:00 – 1:00pm, Teen Center

Technology can sometimes feel overwhelming, especially with how quickly things change. Bring your phone, laptop, or tablet, and we will walk you through any issues step-by-step. We're here to help make it simple and stress-free!

Field Trip: Buc-ee's

Thursday, May 14th, 10:30 – 4:30pm

Meet at Buc-ee's (200 World Commerce Pkwy, St. Augustine, FL 32092)

Join us for a fun field trip to Buc-ee's! We'll explore, grab some lunch, and enjoy great conversation together. Carpooling is encouraged, so feel free to coordinate rides with others. Please make sure to register in the app so we can get an accurate headcount from everyone attending. We hope to see you there!!

Holiday Potluck - Memorial Day

Friday, May 22nd, 12:00 -1:00pm, Teen Center

You're warmly invited to join us for a Memorial Potluck as we come together to honor and remember a life that meant so much to all of us. Please bring a dish to share and your favorite memories, stories, and love as we celebrate the moments that will always stay with us. **Food sign-up sheet will be by the scanner box at the Welcome Center.**

Lunch Bunch

Thursday, May 28th, 12:15 – 2:00pm, Grumpy's

Join us at Grumpy's for delicious food and great conversation! **Please be sure to reserve your spot in the app by Wednesday, May 27th. *Participants will be responsible for paying for their own meals.***