



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.

BAKER FAMILY YMCA | 136 West Lowder Street | 904.259.0898 | MAY 2026

MAY EVENTS AND ACTIVITIES

The Baker Y is coming back to life, and we are so excited to gather, celebrate, and create lasting memories together. Join us for these upcoming Active Older Adult events designed to connect, reflect, and have fun!

Pickleball

Every Thursday in May, 9:30 - 10:45am, Keller School Gymnasium

Meet us at the gym! Play some pickleball and make some friends!

Social: Fiesta Friends...Salsa & Guac!

Tuesday, May 5th, 12:00 - 1:00pm, Keller School Gymnasium

A joyful social filled with music, mingling, and delicious bites. Stop by and say hey!

Lunch and Learn

Tuesday, May 12th, 12:00 - 1:00pm, Keller School Gymnasium

Enjoy lunch on us while you learn about our Aquatics program and Aqua Fitness! **Please be sure to sign up on the app to reserve your spot!**

Arts and Crafts: Spring Wreaths

Tuesday, April 14th, 12:00 - 1:00pm, Keller School Gymnasium

Create a Spring Wreath to take home or share with someone special. A hands-on, joyful activity full of color and creativity. Light snacks provided.

Garden Club: Suncatchers

Tuesday, May 19th, 12:00 - 1:00pm, Keller School Gymnasium

Decorate and make your own springtime Suncatcher!

Aqua Social

Tuesday, May 26th, 5:30 - 6:00pm, Baker YMCA Pool (*Aqua class will follow at 6:00pm*)

Enjoy meeting friends and socializing before aqua fitness class with light refreshments and hydration station. Enjoy the afternoon at the Y Pool! Come try it!

Party and Play: Bingo, Board Games & Birthdays!

Thursday, May 28th, 12:00 - 1:00pm, Keller School Gymnasium

Fun, prizes, and more!!! If you are celebrating a birthday in May, stop by BINGO and enjoy a sweet treat with your Y friends and family.

May Aqua Fitness Classes

Tuesdays and Thursdays, 6:00 - 7:00pm / Saturdays, 10:15 - 11:00am

Don't forget your PUNCH!

Pick up your AOA Punchcard at your group ex classes. Each time you visit the Y and attend classes, get it punched.

**More visits=
More chances to WIN!**

**Reservations are
required for events and
can be made in our app
and online at fcymca.org
or the FCYMCA App!**

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Alethea Endel at Aendel@fcymca.org for more information!