



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | June 2026

Health Blooms Here at the YMCA!

June is National Cancer Survivor Month, a time to honor the strength, resilience, and journeys of millions of cancer survivors. This month, we celebrate every survivor, honor every journey, and recognize the incredible strength it takes to keep moving forward. Whether you are a survivor, caregiver, friend, or supporter, your story matters, and you are never alone. Managing your health hits different when you've got your people. Find your crew, your rhythm, your support—right here at the First Coast YMCA #NoPlaceLikeThisPlace



THE
*Reclaim
Your
Health*
PLACE

YMCA360

Your favorite classes, workouts, and programs.
Anywhere, anytime.

YMCA360 features video content available on-demand or through livestreaming, and also includes automatic workout tracking with your fitness wearables. Experience it all at your fingertips through the YMCA360 app, online at ymca360.org, and streaming through your smart T.V. From quick movement breaks to relaxing mindfulness sessions and fun activities for the whole family, the Y is always just a click away.

The First Coast YMCA provides FREE access to YMCA360 for all active members so that they can enjoy live and on-demand classes ANY time! Simply visit ymca360.org/login to log in with the email address attached to your Y membership.



BROOKS FAMILY YMCA

10423 Centurion Parkway N.

904.854.2000

JUNE 2026

Events and Activities

jcarol@fcymca.org

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

Welcome, Judy – Our New Healthy Aging Coordinator!

We're delighted to welcome Judy Carol, a longtime volunteer, as our new Healthy Aging Coordinator at the Brooks Y. Judy is excited to connect with our community and learn more about how we can continue making a positive impact on our members and guests.

Bible Study

Every Friday, 12:00 - 1:00pm, Studio D

Once a week reading of the Holy Bible. All denominations are welcome.

Lunch Bunch

Monday, June 8th, 12:30 - 2:00pm, meet at Cheddars at Town Center

Join you fellow members for food and fun! ***Participants will be responsible for paying for their own meal.***

Games and Gab

Tuesdays, June 9th and June 23rd, 11:30am - 12:30pm, Studio D

Bring your own lunch/snack and get ready to play games! (Board games, card games, brain teasers, etc.) Socializing with a little friendly competition and mental stimulation!

Bocce Ball

Wednesday, June 10th, 11:45am - 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

Volunteer Meeting

Thursday June 11th, 2:15 - 3:15pm, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

Mahjong Events

(all Mahjong events will be in Studio D and limited to 16 participants...be sure to reserve your spot!)

Join the Y for Mahjong! If you are new to the game, plan on coming to learn how to play on June 10th!

Mahjong 101 (for beginning players): Wednesday, June 10th, 10:00 – 11:00am

Mahjong (regular play): Wednesday, June 24th, 10:00 – 11:00am

Mahjong (regular play): Tuesdays, June 16th and 30th, 11:30am – 12:30pm

Coffee and Conversation

Wednesday, June 17th, 11:30am - 12:30pm, Lobby

Coffee (also tea and cocoa), homemade baked goods, and socializing! Foster new friendships and connections.

New Member Orientation

Wednesday, June 17th, 1:15 – 3:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

BINGO!

Friday, June 19th, 12:00 – 12:30pm, Studio B

Book Club: Books@Brooks

Thursday, June 25th, 2:15 - 3:15pm, Studio D

This month's read is **Ordinary Grace**, by William Kent Krueger. Reading the book is encouraged, but not required. 2026 Book List available upon request.

Have suggestions, inspiration, or feedback? Please reach out to Judy Carol, our Brooks Family YMCA Healthy Aging Coordinator, at jcarol@fcymca.org.