



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.



BROWN FAMILY YMCA

170 Landrum Lane

904.543.9622

JUNE 2026

Events and Activities

dthorensen@fcymca.org

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app (select 'Classes' and filter by Healthy Aging class type) or online at fcymca.org.

WOMEN'S BIBLE STUDY

Every Wednesday, 9:00 - 10:00am, Horschel Center for Health & Wellbeing

Come connect, learn, and be encouraged at our Ladies Bible Study. We'd love to have you join us!
(Registration Class Name - Healthy Aging Bible Study**)

MAHJONG 101: LEARN TO PLAY MAHJONG (INSTRUCTOR PRESENT)

Wednesdays, June 3rd and 17th, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing

If you're new to the game, come by on one of these days to learn from experienced instructors...then stay to play and practice your new skills. (Registration Class Name - Healthy Aging Mahjong 101)

ALL-LEVEL MAHJONG (NO instructors present except on Mah Jong 101 dates above)

Every Wednesday, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing

Come join us every Wednesday for Mahjong, whether you're a seasoned player or a beginner.
(Registration Class Name - Healthy Aging All Lvl Mahjong)

SKILLED MAHJONG (NO instructors OR instructions)

Thursday, June 11th 12:30 - 2:30pm, Horschel Center for Health & Wellbeing

Calling all Master Mahjong players come and join us. There will be no Instructor or instructions on these days. Please come ready to sit down and play. (Registration Class Name - Healthy Aging Skilled Mahjong)

TECH 101: TECH HELP WITH DAVID

Thursday, June 4th, 10:30am - 12:00pm, Teen Center

Need help with your devices? Bring your smartphone, laptops, e-reader, and your tech questions! David will be on hand to help with your technology needs. (Registration Class Name - Healthy Aging Tech 101)

CANASTA

Every Friday, 12:45 - 2:45pm, Horschel Center for Health & Wellbeing

Come join us for Canasta. Whether you're a seasoned player, just starting out or want to learn to play, everyone is welcome.
(Registration Class Name - Healthy Aging Canasta)

COUNTDOWN TO AMERICA'S 250TH CELEBRATION

Tuesday, June 16th, 5:30 - 6:30pm, Horschel Center Outside Area

Bringing generations together to celebrate America's 250th Anniversary. Enjoy All-American foods while creating your own tie-dye shirt or accessory for the 4th of July. Please bring a white shirt or a white accessory -we'll supply the rest!

Registration required! PLEASE REGISTER AT THE WELCOME DESK TO SAVE YOUR SPOT.

BOOK CLUB

Thursday, June 18th, 11:30am - 12:30pm, Horschel Center for Health & Wellbeing

Join us for a lively discussion of the Book, "First Lie Wins by Ashley Elston". Even if you haven't had a chance to read the book, we'd still love you to join us. (Registration Class Name - Healthy Aging Book Club)

LUNCH BUNCH

Thursday, June 18th, 1:00 - 2:30pm, Poppy's Italiano (832 A1A N, Suite 1, Ponte Vedra Beach)

Meet for lunch at to enjoy a yummy lunch together while socializing with friends or maybe even make a few new ones.

Participants responsible for paying for their own meals. (Registration Class Name - Healthy Aging Lunch Bunch)

PICTIONARY (AND LUNCH!) WITH MILLENIUM PHYSICIAN GROUP

Tuesday, June 23rd, 11:00am - 12:00pm, Horschel Center for Health & Wellbeing

Join the Y and Millenium Physician Group as we have fun playing Pictionary! **Lunch will be provided to all registrants.**

Registration required! (Registration Class Name-Healthy Aging Pictionary/Lunch)

MEDIATION

Thursday, June 25th, 1:00 - 2:00pm, Horschel Center for Health & Wellbeing

Take a pause from the noise and reconnect with yourself. Join our Meditation Class and experience calm, clarity, and balance—one breath at a time. (Registration Class Name - Healthy Aging Meditation)