



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

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.



DYE CLAY FAMILY YMCA

3322 Moody Avenue

904.272.4304

JUNE 2026

Events and Activities

ksutton@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.

If you are unable to keep your reservation(s), PLEASE CANCEL out of consideration for others.

COFFEE AND CONVO

Wednesday, June 3rd, 9:30 – 10:30am, Lobby

Join Kimberly & Karrie for coffee and discussion about the YMCA FC & Y360 apps! Learn how to sign up for classes, track and earn points, redeem rewards for awesome Y merch, and access live on-demand classes!

ARTS AND CRAFTS: Craft Time with Tracy from Better Health Group

Friday, June 5th, 12:30 - 1:30pm, Studio B

Join us for a fun afternoon of creativity, conversation, and community! Tracy will guide you through creating a special craft. **20 spots available...be sure to make your reservation!**

BOOK EXCHANGE

Monday, June 8th, 1:00 - 2:00pm, Studio B

Bring a book you've enjoyed and swap it for a new read! Join us for a relaxed and fun time of sharing favorite books, discovering new authors, and connecting with fellow readers. Feel free to bring a gently used book to exchange or simply come enjoy the conversation.

FIELD TRIP: MOVIE DAY

Saturday, June 13th, Time TBD, off-site

Join us for a fun afternoon at the movies with Y friends! Movie selection, dates, times, and additional details will be announced soon. Be sure to stop by the AOA table or reach out to Kimberly for more information. We can't wait for a great day together!

PARTY AND PLAY: BINGO and Birthdays

Wednesday, June 17th, 12:30 - 1:30pm, Studio B

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

ARTS AND CRAFTS: Paint with Jackie

Friday, June 19th, 12:15 - 2:15pm, Studio B

Join us for a creative and relaxing class as Jackie guides you step-by-step in creating a beautiful painting on a wooden canvas. No experience necessary—just bring your creativity and enjoy a fun, inspiring! **10 spots available...be sure to make your reservation!**

Self Defense with Carol

Tuesday, June 23rd, 1:00 – 2:00pm, Studio A

Join Carol for the next session in this empowering series! Learn practical techniques, improve awareness, and build confidence in a safe and supportive environment. Whether you attended previous sessions or are joining for the first time, this all-levels class focuses on simple skills that can help you feel stronger and more prepared. **25 spots available...be sure to make your reservation!**

ARTS AND CRAFTS: Summer Beehive Decor

Thursday, June 25th, 12:30 - 2:30pm, Studio B

Get ready for summer as we make an adorable decorative beehive project together! This cheerful craft is the perfect way to add a touch of charm to your home décor. Enjoy great conversation, creativity, and time with friends while creating something sweet to take home. **15 spots available...be sure to make your reservation!**