



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.



JOHNSON FAMILY YMCA

5700 Cleveland Road

904.765.3589

JUNE 2026

Events and Activities

fmcglown@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.

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, June 1, 9:30 – 10:30am, Healthy Living Center

All are welcome to attend.

BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays, June 3, 10, 17, and 24, 10:00 – 11:00am, Healthy Living Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, June 3, 10, 17, and 24, 1:00 – 2:00pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

FOOD PANTRY WEDNESDAYS & FRIDAYS

Wednesdays, 3:00 – 5:00 pm AND Fridays, 12:00 – 2:00pm, Food Pantry at the Johnson YMCA

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. **While supplies last. All are welcome to attend, no registration required. Valid ID needed for first visit.**

CROCHET CLUB

Monday, June 8 and 15, 10:00 – 11:30am, Healthy Living Center

Whether you are just starting out crocheting or have been crocheting for years, this crochet club is for you.

CULTURE CLUB LUNCH BUNCH: PF Chang's Chinese Restaurant

Tuesday, June 16, 11:15am – 12:30pm, PF Chang's (10281 Midtown Pkwy, 32246)

Join the Culture Club on the road as we explore food, art, and traditions from all over the world. **Participants will be responsible for their own transportation and lunch purchase.**

JUNE MEMBER APPRECIATION: JOHNSON YMCA FAMILY REUNION

Saturday, June 20, 10:00am – 2:00pm

FREE COMMUNITY EVENT! You're invited to the Johnson Y's Family Reunion—a fun-filled day of carnival activities, food, and games highlighting the Johnson Y's 78th birthday and the Juneteenth holiday. **RSVP required for free lunch; visit the Welcome Center for reservations.** All are welcome to attend.

FATHER'S DAY COOKOUT

Monday, June 22, 1:00 – 3:00pm, Outdoor Gazebo

We are celebrating and honoring Fathers! Join our Father's Day Cookout for a grilled lunch, hearty laughter, and welcoming fellowship, while supplies last. **Members and men only.**

ERIC MANN'S FINAL LAP TOUR STOP AT THE JOHNSON FAMILY YMCA

Tuesday, June 23, 12:00 – 2:00pm

You're invited to join us as we celebrate Eric Mann's Final Lap Tour—a special opportunity to come together, reflect, and recognize Eric's leadership and impact across our communities. **Sign-Up at the Welcome Desk.**

BINGO WITH BEVERLY!

Friday, June 26, 10:00am – 12:00pm, Healthy Living Center

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun. All are welcome to attend.

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, June 29, 11:00am – 12:30pm, Healthy Living Center

Introducing "Conversations with Saundra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.