



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.



MCARTHUR FAMILY YMCA

1915 Citrona Drive

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JUNE 2026

Events and Activities

cbutler@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.

Tech 101: All Things FCYMCA App

Tuesday, June 2nd, 10:30 – 11:30am, Lobby

Bring your phone and we can help you set up the FCYMCA app. We will walk you through some of the features the app has to offer, such as checking your Perkiwauke points, and booking your favorite group class.

Game Day! Board & Card Games

Wednesdays, June 3rd & 17th, 3:00 – 4:30pm, KidZone

Bring your favorite board or card games to provide mental stimulation and friendly competition. A variety of games will be made available by the Y.

Arts and Crafts: Beading

Thursday, June 11th, 10:00 – 11:30am, Studio B

Try your hand at beading with Front Porch Beads. Make a gift for a friend or a treasure for yourself. Supplies provided. **Only 8 spots available...be sure to make your reservation!**

Pickleball 101

Thursday, June 14th, 9:00 – 10:00am, Gymnasium

An introductory pickleball session designed for first-time players. You'll learn the fundamentals: how to serve, score, and move on the court, as well as basic game rules. Equipment is provided, and no prior experience is required. **Only 12 spots available...be sure to make your reservation!**

Arts and Crafts: Paint Bowls with Barnabas

Wednesday, June 17th, 10:00am – 12:00pm, Barnabas Center (1303 Jasmine Street, Ste 103)

Support the community by painting a bowl at the Barnabas Center. Proceeds from the sale of bowls support the food bank. Supplies provided. **Only 12 spots available...be sure to make your reservation!**

Walking Club: Walk the Hills

Friday, June 5th, 9:00 – 10:00am, Meet at 2201 Atlantic Ave, Egans Creek Playground

Meet new friends and boost the benefits of your walking practice. Walk three minutes at an elevated pace, then three minutes at a recovery pace for 30-45 minutes to improve leg strength and heart health.

Walking Club: Japanese Walking Group

Fridays, June 12th & 19th, 9:00 – 10:00am, Meet on the YMCA Front Porch

Meet new friends and boost the benefits of your walking practice. Walk three minutes at an elevated pace, then three minutes at a recovery pace for 30-45 minutes to improve leg strength and heart health.

Brain Health Seminar (Virtual)

Wednesday, June 24th, 11:30am – 12:30pm, Your Computer at Home

Join us for an engaging introduction to brain health and aging well. Led by Maria Misiura, PhD, a brain scientist from Georgia State University. This event serves as the starting point for a series that will cover different ways to maintain a healthy brain over time. **Please register in the app so that we can email you the link to the virtual session!**