



# INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto: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](http://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](http://ymca360.org/login) to log in with the email address attached to your Y membership.



# WILLIAMS FAMILY YMCA

10415 San Jose Blvd.

904.292.1660

**JUNE 2026**

**Events and Activities**

[aendel@fcymca.org](mailto:aendel@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](http://fcymca.org).**

### Bible Study

**Every Friday, 12:30 - 1:30pm, Healthy Living Center**

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

### Coffee & Convo

**Monday, June 1<sup>st</sup>, 9:00 - 10:00am, Lobby**

Come enjoy a great cup of coffee, light snack, and a good conversation.

### Urban Soul Line Dancing

**Friday, June 5<sup>th</sup>, 6:00 - 7:30pm, Studio A**

Join in the fun and bring a friend for some line dancing fun!

### Game Day

**Tuesday, June 16<sup>th</sup>, 3:00 - 4:30pm, Lobby**

It's time for PING PONG! Also, enjoy a variety of different games. Bring your friends!

### Lunch and Learn, sponsored by Conviva

**Wednesday, June 17<sup>th</sup>, 12:00 - 1:00pm, Healthy Living Center**

Join Conviva for knowledge, fun, and food! **Lunch provided to all registrants...reservations required!**

### Crochet Club

**Thursday, June 18<sup>th</sup>, 3:00 - 4:30pm, Healthy Living Center**

Come and enjoy crocheting with your Y friends...and even learn how to crochet. We will make various items to donate to other nonprofit organizations.

### Book Club

**Tuesday, June 23<sup>rd</sup>, 1:15 - 2:30pm, Front Lobby**

Did you miss May? No worries! We are starting back strong! We are currently reading "Best Families" by Rex Stout. Bring a friend and let's get our Book Club back in action for 2026!

### Arts and Crafts

**Tuesday, June 23<sup>rd</sup>, 3:00 - 4:30pm, Healthy Living Center**

Staff-led and loads of fun! Come join us and make some one-of-a-kind sand art! Summer is here!

### Lunch Bunch

**Wednesday, June 24<sup>th</sup>, 11:00am - 12:00pm, Gazebo (by Tennis Courts)**

Join Alethea, your Healthy Aging Coordinator, for an early lunch at the Gazebo! Relax and enjoy some fresh and delicious food while engaging in one another's company outside of our usual setting and try something new!

**Please bring your own lunch and drink to enjoy.**

### Party and Play: Bingo & Birthdays!

**Thursday, June 25<sup>th</sup>, 3:15 - 5:00pm, Studio B**

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

**SAVE THE DATE for our Red, White, and Pool Celebration! Friday, July 3<sup>rd</sup> at 10:15am on the**

**Pool Deck**, directly following our morning Aqua class. Come celebrate the holiday with your Y friends!

### Summer Pickleball Hours

**Monday-Friday**

**2:00 - 4:00pm**

**Sunday 10:00am - 12:00pm**

**\*June 15-18 - NO PICKLEBALL due to Sports Camp\***

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Alethea Endel at [Aendel@fcymca.org](mailto:Aendel@fcymca.org) for more information!