



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.



WINSTON FAMILY YMCA

221 Riverside Avenue

904.355.1436

JUNE 2026

Events and Activities

kplum@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.

Crochet / Knitting Class

Mondays, 1:30 – 3:30pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

Party & Play: Birthdays and BINGO

Tuesday, June 2nd, 10:00 – 11:00 am, Teaching Kitchen

Come celebrate our fellow members with May birthdays...and enjoy some BINGO fun!

Bible Study

Friday, June 5th, 11:00am – 12:00pm, Teaching Kitchen

Studying from Joyce Meyer's *In Search Of Wisdom, Life Changing Truths From The Book Of Proverbs*. Available on Amazon. Please bring your Bible and Notebook as well. All denominations are welcome!

Coffee & Convo

Tuesday, June 9th, 10:00 – 11:00am, Teaching Kitchen

Come join us for coffee and fellowship, learn more about the Y and share your suggestions for upcoming Healthy Aging events.

Brunch & Learn

Tuesday June 16th, 10:00 – 11:00am, Teaching Kitchen

Learn about the *Rule of 72* and *Investments In Retirement* with Ted Doss from VyStar. **Brunch will be provided to all registrants. Reservations required!**

Bowling

Wednesday, June 17th, 12:00 – 1:30pm, Batt Family Fun Center (1838 Cassat Avenue)

Join us for some bowling fun & healthy competition. \$15.00 gets 2 full games on private lanes. Lunch & Shoes not included. ***Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!***

Brunch & Learn

Friday, June 19th, 10:00 – 11:00 am, Teaching Kitchen

Here Comes the Sun! Join us for a Sun Safety Clinic as we move into summer! **Brunch will be provided to all registrants. Reservations required!**

Potluck: Father's Day BBQ

Tuesday, June 23rd, 11:00am – 12:00pm, Teaching Kitchen

Come celebrate the dads in your life. All are welcome! Please bring a dish to share.

Painting Party

Friday, June 26th, 10:00 – 11:30am, Teaching Kitchen

Come unleash your inner artist....no experience required!

Lunch Bunch

Tuesday, June 30th, 11:45am – 1:00pm, CAVA (90 Riverside Ave)

Join us for food, fun, and friendship. One lucky participant will have their lunch covered by the Y!

Participants are responsible for paying for their meals.