



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.



YMCA AT BAPTIST NORTH

11236 Baptist Health Dr.

904.592.9622

JUNE 2026

Events and Activities

tacruz@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.

DAY TRIP: BLUEBERRY PICKING

Wednesday, June 3rd, 8:00 - 10:00am

Meet at **Kent's Blueberries, 14959 Thomasville Road, Jacksonville, 32218.**

Parking is free, but a ticket for blueberry picking must be purchased on site. Additional information available on our Facebook page and at the Welcome Center!

TECH 101

Thursday, June 4th, 10:15 - 11:00am, Wellness Center

Come let us help you download and use the FCYMCA app! Learn about rewards points and get answers to any questions you may have.

GAME DAY: BOARD GAMES

Monday, June 8th, 1:00 - 2:30pm, Studio B

Join us for an afternoon of friendly competition! Cards, board games, and more...enjoy these together with your fellow Y members!

BOOK CLUB

Wednesday, June 10th, 12:30 - 2:30pm, Studio A

Join our Baptist North Healthy Aging book discussion! This month's book is The No. 1 Ladies' Detective Agency, by Alexander McCall Smith. Book is available for check out at the Public Library.

BOWLING

Wednesday, June 17th, 12:30 - 2:30pm, Batt Family Fun Center (1838 Cassat Ave)

Get out and knock over some pins! You get two games, shoes, a hotdog, fries, and soda for \$14.99. **Registration is required. Payment can be made directly to the Fun Center.**

FATHER'S DAY BREAKFAST

Wednesday, June 17th, 8:00 - 9:00am, Wellness Center

Join us to honor our dads this Father's Day with a special breakfast. **Please be sure to register on the app!**

PARTY AND PLAY: BINGO AND BIRTHDAYS

Wednesday, June 24th 12:30 - 2:30pm, Studio A

Join us for an afternoon shouting your favorite word... BINGO. At the same time, let's celebrate the June birthdays of our fellow members!

WALKING CLUB: LET'S GET THOSE STEPS IN!

Monday, June 29th, 7:30 - 8:30am, Baptist-North Healthy Living Trail

Let's beat the summer heat and get those steps in! Three laps equal one mile. Grab a friend and let's go!