



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 FLAGER HEALTH VILLAGE

98 Turin Terrace

904.500.9622

JUNE 2026

Events and Activities

ldole@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.

All June programs for Healthy Aging will be held at Trinity North Church, 6350 CR 16A in St. Augustine.

Mahjong Mondays

Every Monday, 12:30 - 3:00pm, Trinity North Campus

Calling all Mahjong players! Join us for fun Monday afternoons of playing your favorite game!

Mahjong 101 (June 15th, 12:30 – 3:00pm): The **third Monday** of the month will be a time when members can learn about the game and be taught how to play as seasoned players continue with Mahjong Mondays!

Tea Time & Talk

Friday, June 5th, 12:30 - 1:30pm, Trinity North Campus

The owner from Cultivate Tea and Spice will provide information and a time for Q & A regarding teas and why some steep longer than others, why are some teas are ground and some in leaf form and much more. Join us for this healthy tea discussion.

Book Club

Tuesday, June 9th, 1:00 - 2:00pm, Trinity North Campus

When the Cranes Fly South by Lisa Ridzen. This book is about an elderly man who confronts his past and strained relationship with his son as he faces the end of his life, all while trying to keep his beloved dog, Sixten. The story explores themes of aging, memory, love, grief, and atonement, and was a major success in Sweden, winning the Swedish Book of the Year award.

Bible Study

Wednesdays, June 10th & 24th, 1:30 – 3:00pm, Trinity North Campus

Our fellow members and volunteers, Alen Felumlee and David Greer, will be leading our community in faith-based studies. All denominations are welcome. We will be going through the New Testament.

BINGO!

Wednesday, June 17th, 1:00 - 2:00pm, Trinity North Campus

Join as you yell your favorite word... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh! You won't want to miss it!

Coffee & Convo

Thursday, June 18th, 9:00 - 10:00am, Trinity North Campus

Calling all men and women of the YMCA! Join us as we sip coffee/tea and have easy conversation about current events, life happenings, and fun times.

Members will be responsible for paying for their own coffee/tea.

Lunch Bunch: Cultivate Tea and Spice

Friday, June 26th, 12:30 – 2:00pm, meet at Trinity North Campus

Cultivate Tea and Spice is located inside Trinity North Campus. Join us for food and friends! Please make sure to reserve your spot in the app!

Members will be responsible for paying for their own meals.