



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.



YMCA AT NOCATEE

400 Colonnade Drive

904.671.9622

JUNE 2026

Events and Activities

eblumberg@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.**

Mahjong Meetup

Every Friday, 2:00 - 5:00pm, Teen Center

Join fellow experienced players for a game that sharpens the mind and brings friends together.

Mahjong 101

Every Friday in June, 12:30 - 2:00pm, Teen Center

Join our volunteer teacher to LEARN the game of Mahjong. If possible, attend all four Fridays, as each lesson builds on the one prior.

Lunch Bunch

Monday, June 8th, 1:30 - 2:45pm, Treylor Park (158 Marketside Ave, Unit 10)

Meet us at Treylor Park for a fun lunch with Y friends! ***Participants will be responsible for paying for their own meals.***

Puzzle Swap

Thursday, June 11th, 10:30-11:30am, Baptist Wellness Center, Room 130

Socialize with fellow members as you trade puzzles you have finished. Refreshments served.

Game Day: Mexican Train

Tuesday, June 16th, 2:00 - 3:30pm, Multi-purpose Room

Join fellow members for the game, Mexican Train. Beginners welcome. Easy to learn, fun to play!

Social: Donuts for Dads

Friday, June 19th, 9:00am - 12:30pm, Kid Zone Welcome Area

Drop in for a donut or two as we celebrate our special Dads. Bring your grandkids!

Pop-Up Class: Chair Yoga

Sunday, June 21st, 1:45 - 2:30pm, Studio A

Join instructor Jill to celebrate 'International Yoga Day' with a special Chair Yoga class.

Coffee and Convo

Wednesday, June 24th, 9:30 - 10:30am, YMCA Lobby

Enjoy lively conversation over coffee while making new friends!

Participants will be responsible for paying for their own coffee/food items.

Book Club

Tuesday, June 30th, 3:30 - 4:30pm, Baptist Wellness Center, Room 130

Join fellow book lovers for a discussion of the book, The Art of Racing in the Rain by Garth Stein.