



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 WILDLIGHT

251 Breezeway Street

904.849.9622

JUNE 2026

Events and Activities

sprentice@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.

Reservations are open at newsletter publication time and can be made at any time. There is not need to wait until 24 hours prior to event start time to reserve a spot in an event!

Walking Group

Saturdays in June, 9:00 – 10:00am, Upstairs Walking Track

Lace up your walking shoes and join Mrs. Evelyn for an hour of walking and talking! It's a great way to get moving, enjoy good company, and start your weekend off right. On select Saturdays, the group also picks up trash to help keep our community clean, takes relaxing nature walks, and even strolls to the local farmer's market. Every week brings something a little different. Come walk with us!

BINGO!

Thursday, June 4th, 12:00 – 1:00pm, UF Health YMCA Hallway Entrance

Who doesn't love a classic game of BINGO?! Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **Please feel free to bring lunch or a snack to enjoy while playing.**

Game Day

Tuesday, June 9th, 12:00 – 1:00pm, UF Health YMCA Hallway Entrance

Get ready for an afternoon of fun, laughter, and friendly competition! Come enjoy a variety of games including chess, checkers, Chinese checkers, Mahjong, and puzzles. Bring a friend or come make new ones. **Please feel free to bring lunch or a snack to enjoy while playing.**

Tech 101

Thursday, June 11th, 12:00 – 1:00pm, UF Health YMCA Hallway Entrance

Technology can sometimes feel overwhelming, especially with how quickly things change. Bring your phone, laptop, or tablet, and we will walk you through any issues step-by-step. We are here to help make technology simple and stress-free!

Lunch Bunch

Wednesday, June 17th, 12:15 – 2:00pm, Bohemian Bull

Join us at Bohemian Bull for some delicious half-priced burgers...and great conversation. **PLEASE be sure to reserve your spot in the app by Tuesday, June 16th**, so that we can get a reservation for our group.

Participants will be responsible for paying for their own meals.

Movie Club

Friday, June 19th, 2:15 – 4:15pm, Healthy Living Center

Come join us for an afternoon as we watch *Remarkably Bright Creatures*. Popcorn, water, and snacks will be provided...and feel free to bring your own treats, too! You're also welcome to bring a comfy chair and blanket to help make the afternoon extra cozy. We can't wait to enjoy the movie with you!