



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto:myhealth@fcymca.org) | March 2025

## Spring Into Wellness



*Rejuvenate Your Mind, Body, and Spirit*

### Spring Forward, Live Healthier!

As we spring forward this March, it's a perfect time to embrace healthy living.

- Start by prioritizing sleep—adjust your routine gradually before daylight saving time to avoid feeling too groggy.
- Increase outdoor activities like walking or cycling to soak up more sunshine, which boosts your mood and vitamin D levels.
- Refresh your diet with seasonal produce like leafy greens, citrus, and berries.
- Stay hydrated, and consider reducing your caffeine intake to help your body adjust to the time change.
- Practice mindfulness or yoga to reduce stress, and aim for consistency in your exercise routine.
- Finally, reset your goals, whether for fitness, wellness, or personal growth, and embrace a mindset of renewal!

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**8 IN 10** ADULTS WITH PREDIABETES  
DON'T KNOW THEY HAVE IT

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**REDUCE YOUR RISK**

»» EAT HEALTHY & BE MORE ACTIVE

The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program. This program helps those who have been diagnosed with prediabetes, or believe they may be at high risk of developing type 2 diabetes. This program is designed to help you adopt and maintain healthy lifestyle changes over the course of one year.

**Programs starting SOON!**  
Email [myhealth@fcymca.org](mailto:myhealth@fcymca.org) for more information!



**IT'S NEVER TOO LATE TO FEEL GREAT.**

**BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | MARCH 2025**

### MARCH EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).  
**Reservations can be made in our app and online at [fcymca.org](https://fcymca.org).**

#### **REMINDER! Come play PICKLEBALL at the Y!**

Join us every **Tuesday and Thursday from 10:30am – 12:30pm in the Gymnasium** and now  
**Monday evenings from 6:00-8:00pm!**

#### Senior Chair Volleyball

**Every Wednesday, 12:30 – 1:30pm, Gymnasium**

Join Cholita to have fun with your Y friends while getting in a great workout!

#### Game Day

**Monday, March 10<sup>th</sup>, 11:45am – 12:45pm, Family Activities Center**

Come gather to play a variety of board games to include checkers, Rummikub, Left Right Center, Mexican Train, and Yahtzee.

#### Book Club

**Thursday, March 13<sup>th</sup>, 10:00 – 11:00am, Common Area**

Join us for a morning of discussion and picking out next month's book.

#### St Patty's Potluck

**Friday, March 14<sup>th</sup>, 11:30am - 12:30pm Family Activities Center**

Bring a dish to share, wear something green to celebrate St Patty's Day! Please use dish sign up sheet on the table as well as the app to reserve your spot.

#### Dinner Out: Corky Bells

**Tuesday, March 18<sup>th</sup>, 4:30 – 6:00pm**

Come and enjoy food and Fellowship with your Y Family. Please use the app to reserve your spot.

**\*Participants will be responsible for paying for their own meals.\***

#### Coffee and Convo

**Tuesday, March 18<sup>th</sup>, 10:00am - 12:00pm, Family Activities Center**

Drop in for coffee and meet the new Healthy Aging Coordinator Tara.

#### March Birthday Party

**Tuesday, March 20<sup>th</sup>, 11:45am - 1:00pm, Family Activities Center**

Join us in celebrating all our members with March birthdays. All welcome, the more the merrier!

#### Spanish Club

**Friday, March 28<sup>th</sup>, 12:30 – 1:30pm, Family Activities Center**

Master the Spanish Language on the last Friday of every month with Layla.

#### Arts and Crafts: Spring Wreath

**Thursday, March 27<sup>th</sup>, 12:30 – 2:00pm Family Activities Center**

Come for fellowship and creativity! We will be making a beautiful wreath to celebrate Spring. **Deadline to sign up is March 14<sup>th</sup>** - please use the app to reserve your spot!