



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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!

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

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 for more information!



IT'S NEVER TOO LATE TO FEEL GREAT.

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | 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.

Crochet 'n Craft Crew

Every Monday, 2:15 - 3:15pm, Studio D

Bring your projects and socialize! Help is available for beginners' crochet challenges. And you're not limited to crochet! Bring any of your current projects - needlepoint, embroidery, knitting, etc. - and have a great time conversing with new friends and learning a new skill!

Bible Study

Every Friday, 11:45am - 12:45pm, Studio D

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. All denominations are welcome.

GriefShare

Every Tuesday (until April 8) 2:00 - 4:00pm, Conference Room

For help and encouragement after the death of a spouse, child, family member, or friend. This supportive series of meetings is open to the community. **Registration info:** mychurchseniors@yahoo.com. (Y members: please register with the App as well.) Non-Y members must sign a waiver. Small fee for optional workbook. Join at any time during the series.

Bocce Ball

Wednesday, March 12th, 11:45am - 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

Board Games/Card Games

Wednesday, March 12th, 2:15 - 3:15pm, Studio D

Get ready for some fun! Many games are available! Meet new friends in a relaxing atmosphere. All supplies provided, or bring your own.

Meeting: Volunteers

Thursday, March 13th, 2:15 - 3:15pm, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

Lunch Bunch

Monday, March 17th, 12:30 - 2:00pm

Meet at **FreshMex & Co Town Center** for food, friendship, and fun! Sign up through the Y App, space is limited to 20 participants. ***Participants will be responsible for paying for their own meal.***

New Member Orientation for Active Older Adults

Wednesday, March 19th, 2:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

BINGO!

Friday, March 21st, 12:00-12:30pm, Conference Room

Sponsored by **David Palmeri**, Independent Insurance Agent.

Book Club: Books@Brooks

Thursday, March 27th, 2:15-3:45pm, Studio D

Five Star Weekend, by Elin Hilderbrand. Reading the book is encouraged, but not required. The Book Selection List will be made available to all who would like to see it.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a \$50 Publix gift card!

Pick up your card at the Welcome Center today!

Have suggestions, inspiration, or feedback?

Reach out to Sheri Nash, our Brooks Family YMCA Healthy Aging Coordinator!
Email: snash@fcymca.org
Phone: 904.902.7973