



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!

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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.

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | MARCH 2025

MARCH EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app (select Classes, and Filter by Healthy Aging Class Type) or online at fcymca.org.

MAH JONG

Wednesdays, 12:30 - 2:30pm, Healthy Living Center

If you would like to learn how to play Mah Jong, join us every Wednesday to learn and play the game.

Instructors will be present.

(Registration Class Name – Healthy Aging MahJong)

MAH JONG FOR SEASONED PLAYERS

Thursday, March 6th, 12:45 -2:45pm, Healthy Living Center

Experienced Mah Jong players, come join us for a fun and enjoyable afternoon. **Instructors will NOT be present.**

(Registration Class Name – Healthy Aging MahJong)

50 & BETTER PAINTING

Friday, March 7th, 1:00 - 3:30pm, Healthy Living Center

Join us for an afternoon of painting fun. We will provide lunch and the supplies you need along with step-by-step instructions. ****Registration and payment can be made at the Welcome Center.****

Cost: \$30/member OR \$45/non-member

PICKLEBALL 101

Wednesday, March 12th, 11:00 - 12:00pm, Pickleball Courts

Register now for a FREE introduction to Pickleball. Paddles and balls will be provided. **Please register at www.courtreserve.com** for an informative and fun time playing Pickleball.

BOOK CLUB

Wednesday, March 12th, 11:00 -12:00pm, Healthy Living Center

Calling all readers, join us to discuss the book, "The Frozen River" by Ariel Lawhon. If you have not read the book for this meeting, come, and give us your suggestions for the next books to read. Come for the books, stay for the community!

(Registration Class Name – Healthy Aging Book Club)

LUNCH BUNCH

Thursday, March 20th, 1:00 – 3:00pm, Argyle Restaurant

Meet for lunch at Argyle Restaurant, 254 Alta Mar Dr., Ponte Vedra Beach to enjoy a yummy lunch while socializing. **Participants are responsible for paying for their own meals**

(Registration Class Name – Healthy Aging Lunch Bunch)

GAME DAY: RUMMIKUB GAME

Friday, March 21st, 1:00 – 2:00pm, Healthy Living Center

Get ready for some Rummikub fun! Play the game with other members. Or learn how to play the game. All are welcome.

(Registration Class Name – Healthy Aging Game Day)

FUN WITH DRUMMING

Friday, March 28th, 1:00 - 2:00pm, Healthy Living Center

Come join us for a Drum Circle where we'll share rhythm and enhance our health and happiness. Emile Aucello will guide us through using the drums. Please bring a drum, we'll have a few extra.

(Registration Class Name – Healthy Aging Meditation)