



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.

DYE CLAY FAMILY YMCA | 3322 MOODY AVENUE | 904.272.4304 | 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

COFFEE AND CONVERSATION

Monday, March 10th, 10:00 – 11:00am, Lobby

Join Healthy Aging Coordinator Jenny for coffee and pastries with open discussion about upcoming AOA activities, AOA Committee, and get to know your new Healthy Aging Coordinator! Your input is valuable!

ARTS AND CRAFTS

Monday, March 10th, 1:00 – 2:30pm, Youth Center

Join us monthly in creating a new craft! Peer-led and loads of fun!

BOOK CLUB

Monday March 17th, 1:00 – 2:30pm, Youth Center

Our group will meet to discuss books and activities. Join us for a peer led, healthy literary discussion. Lite snacks provided.

LUNCH AND LEARN with CONVIVA

Tuesday, March 18^h 11:15am – 12:30pm, Youth Center

Join us and our partner Conviva for an educational session. Lunch will be provided to all registrants.

COFFEE AND CONVERSATION

Wednesday, March 19th, 10:00 – 11:00am, Lobby

Join Healthy Aging Coordinator Jenny for coffee and pastries with open discussion about upcoming AOA activities, AOA Committee, and get to know your new Healthy Aging Coordinator! Your input is valuable!

GARDEN CLUB

Wednesday, March 26th, 11:30am - 12:30pm, Youth Center

A great meeting for planning our upcoming beautification projects here at Dye Clay!

BINGO & BIRTHDAYS!

Thursday, March 27th, 12:15 - 1:30pm, Youth Center

Fun, prizes, and more!!! If you are celebrating a birthday in March, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

MOVIE TIME: Title TBD

Monday, March 31st, 1:00 - 2:30pm Studio B

Relax, and enjoy the company of friends...and a good movie! Lite snacks provided.

Don't forget your PUNCH!

Pick up your AOA Punchcard at the Welcome Center starting February 1st.

Each time you visit the Y, get it punched! Enter drawing to win a Cool Prize this month!

**More visits=
More chances to WIN!**

PICKLE BALL

Pickle Ball Play

Monday, Wednesday
and Friday
12:00 - 2:00pm
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Jenny Engelmeyer @ jengelmeyer@fcymca.org for more information!