



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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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**

Bible Study

Every Friday, 12:30 - 1:30pm, Healthy Living Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Game Day

Tuesday, March 4th, 3:00 - 4:30pm, Studio B

It's time for PING PONG! Also, enjoy a variety of different games - from Jenga to UNO to Trivial Pursuit and more - with your Y friends! Lite snacks provided.

Coffee and Convo

Tuesday, March 11th, 11:00am - 12:00pm, Williams YMCA Lobby

Join Healthy Aging Coordinator Jenny for a discussion about upcoming AOA activities. Your input is valuable!

Game Day

Tuesday, March 18th, 3:00 - 4:30pm, Studio B

Offered again by popular demand...PING PONG! Also, enjoy a variety of different games - from Jenga to UNO to Trivial Pursuit and more - with your Y friends! Lite snacks provided.

Lunch & Learn: Healthy Aging Presentation with Conviva Healthcare

Wednesday, 19th, 12:00 - 1:00pm, Healthy Living Center

Join the YMCA and Conviva for an educational session. Lunch will be provided for all reserved participants. Be sure to reserve your spot in our app or online!

Presentation - Financial Workshop: Identity Theft Protection with Vystar

Wednesday, March 19th, 1:15 - 2:00pm, Healthy Living Center

Join the YMCA and Vystar for a learning session.

Book Club

Thursday, March 20th, 1:15 - 2:15pm, Studio B

Join us for a peer led, healthy literary discussion. Lite snacks provided.

Arts and Crafts

Thursday, March 20th, 3:00 - 4:30pm, Studio B

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

Tech 101

Thursday, March 27th, 5:30 - 6:30pm, Healthy Living Center

A YMCA staff member will help you navigate our FCYMCA.org app and Y360.

Party and Play: March Madness Bingo and Birthdays

Thursday, March 27th, 3:15 - 4:15pm, Studio A

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. All are invited to attend and celebrate!

Don't forget your PUNCH!

Pick up your AOA Punchcard at the Welcome Center. Each time you visit the Y, get it punched!

Enter drawing to win a cool prize this month!

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

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 at jengelmeyer@fcymca.org for more information!

PICKLE BALL

Pickle Ball Play

Mon - Wed, 1:00 - 4:00pm

Thurs, 8:00-10:30am / 1:00-4:00pm

Friday, 1:00 - 4:00pm

Sunday, 10:00am - 12:00pm

Beginner Instruction

Friday, 11:00am - 1:00pm

Beginner Play

Friday, 12:00 - 1:00pm