



# 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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 | 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 [fcmca.org](http://fcmca.org).

### Crochet / Knitting Class

**Mondays, March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> and 24<sup>th</sup>, 1:30 – 2:30pm, Teaching Kitchen**

Bring projects that you are already working on or learn to knit, crochet or loom. I will have some supplies here. You can either keep what you make or donate to be given to a homeless shelter. All levels welcome! Snacks provided.

### Brunch & Learn: Wellness and Wisdom

**Tuesday, March 4<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Join our Healthy Living Team to discuss the Y's Healthy Living programs. Brunch provided to all reserved participants.

### Tech 101: Senior Tech Training

**Thursday, March 6<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Join us for a session on how to navigate and use the Y app! Learn how to register for classes, sign-up for Y rewards, get a digital scan card, keep up with Y news, and more! Get the most out of your membership with expert guidance!

### Bible Study

**Friday, March 7<sup>th</sup>, 11:00am – 12:00pm, Conference Room**

Studying 31 Women of the Bible. Bring your Bible & notebook as well. This month we cover Miriam and Rehab.

### Party & Play: Birthdays and BINGO

**Tuesday, March 11<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Come celebrate our fellow members with March birthdays and enjoy some BINGO fun!

### St Paddy's Potluck

**Friday, March 14<sup>th</sup>, 11:30am – 1:00pm, Teaching Kitchen**

Bring your favorite Irish dish to share!

### Coffee and Convo: Meet & Greet

**Tuesday, March 18<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Coffee & Conversation. Learn more about the Y and enjoy fellowshiping.

### Bowling

**Wednesday, March 19<sup>th</sup>, 12:00 – 2:00pm**

Join us at King Pin Lanes, 5310 Lenox Ave. \$8.50 gets you 2 games, shoes, hot dog, a drink, and chips.

**\*Payment will be made at the Bowling Alley. Reserve your spot in the YMCA app!\***

### Book Club

**Tuesday, March 25<sup>th</sup>, 10:00 – 11:00am, Conference Room**

This month's book is "Holly", by Stephen King.

### Day Trip: Sally Dark Rides

**Tuesday, March 25<sup>th</sup>, 1:00 – 3:00pm, 75 West Forsyth Street**

For more than 45 years, Sally Dark Rides has hosted thousands of visitors during tour season. From field trips to business outings, we welcome everyone the opportunity to see what Sally's got brewing in the robot factory. **Space is limited...be**

**sure to reserve your spot in our app or online!**

### Special Event: Spring Swing Square Dance

**Thursday, March 27<sup>th</sup>, 10:45 – 11:45am, Studio B**

Learn new steps, meet new friends, and have fun with Square Dance Caller, Mary Ellen Ludeking

### Lunch Bunch

**Friday, March 28<sup>th</sup>, 12:00 – 2:00pm, Meet at The Bearded Pig San Marco (1808 Kings Avenue)**

One lucky member will have lunch paid for by the Y!

**\*Participants are responsible for paying for their own meals.\***

## FLORIDA BLUE SPONSORED EVENTS

**(Please register for these events directly with Florida Blue in our Healthy Living Center.)**

**Senior Tech: Social Media, Friday, March 21<sup>st</sup>, Teaching Kitchen**

**Florida Blue Senior Painting, Friday, March 28<sup>th</sup>, 11:00am – 12:00pm, Teaching Kitchen**

## Don't forget your monthly PUNCH CARD!

TEN punches on your Silver Punch Card enters you to win **PRIZES** each month!

**Pick up your card at the Welcome Center TODAY!** (one card per member, please)