



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.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | MARCH 2025

MARCH EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our app and online at fcymca.org.

BOOK CLUB: "THE GIRL WHO SURVIVED"

WEDNESDAY, MARCH 5th from 12:30 – 2:30pm, Studio A

Join us as we discuss "The Girl Who Survived" by Ellie Midwood

TECH 101- YMCA APP TRAINING

THURSDAY, MARCH 6th from 10:00 a.m. – 10:45 a.m., Baptist Wellness Center

Learn how to navigate the First Coast YMCA app.

SPECIAL EVENT: NATIONAL PLANT A FLOWER DAY

WEDNESDAY, MARCH 12th from 12:30 – 1:45 p.m., Outside

We will be planting flowers in the planters by the playground to help spruce up the area.

WALKING CLUB

FRIDAY, MARCH 14th from 3:00 – 4:00pm, Outside

Enjoy the Spring weather with a walk around our nature trail.

ARTS & CRAFTS: CROCHET 101 and QUILTING

MONDAY, MARCH 17th from 12:30 – 2:00 p.m., Kidzone

Learn a new skill or brush up on an old one with our crocheting class. We will also continue quilting.

BOWLING

WEDNESDAY, MARCH 19th from 12:30 – 2:15 p.m.

King Pins Bowling Center at 5310 Lenox Avenue

Get out and knock over some pins. You get shoes, two games, and a hotdog lunch for \$8.50.

Sign up in the app. Payment can be made at the Bowling Alley.

BINGO AND BIRTHDAYS

WEDNESDAY, MARCH 26th from 12:15 – 1:30pm, Studio A

Join us for an afternoon shouting your favorite word—BINGO! We will have prizes for winners, fun with friends, and lots of laughs. We will also be celebrating this month's birthdays!

SPECIAL EVENT: LINE DANCE-A-THON

FRIDAY, MARCH 28th from 4:00 – 7:00 p.m., Studio A

Come dance the night away and raise money for YMCA at Baptist North! Please see special event flyer for additional information.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win YMCA swag!

Pick up your card at the Welcome Center today!