



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 FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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.

Bible Study at the Y!

**Wednesdays, March 5 & 19, 1:30 – 3:00pm, Multi-Purpose Room
(first & third Wednesday of each month)**

Bible Study here at FHV! Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All denominations are welcome. The Bible is a part of daily life for both men, and they look forward to exploring the Word with you in whatever form will best meet the needs of our collective group. The group is currently studying the book of Joshua.

Safety Seminar: Mindset Survival

Thursday March 6, 12:30 - 2:00pm, Multi-Purpose Room

Back by popular demand, Captain Tres Edenfield will join us once again! Senior safety is more than physical protection. It's more than the security of your home. Learn how to create a mindset for survival and develop Neuro pathways to teach you what it means to "pause in combat".

Walking Club

Fridays, March 7 & 21, 1:30 – 2:30pm, Meet in the YMCA Lobby

Enjoy the cool weather and a walk around the neighborhood. Take it at your own pace, slow and easy - or quick and fast! The route is 1.5 miles in Murabella.

Book Club: For the Love of Reading!

Tuesday, March 11, 1:00 – 2:00pm, Multi-Purpose Room

"Hello Beautiful" is American author Ann Napolitano's fourth novel. A 2023 novel about the power of family, love, and resilience, the story follows William Waters and the Padovano sisters, an Italian-American family in Chicago.

Game Day!

Wednesday, March 12, 12:45 – 1:45pm, Multi-Purpose Room

Come join other individuals who love to play Board Games, Cards, Puzzles and other social games. Bring your own game and teach others how to play! Come ready to laugh and have fun! We now have mahjong!

Crochet/Knitting

Friday, March 14, 1:00 – 2:00pm, Multi-Purpose Room

Do you like to crochet or knit? Do you have yarn you would like to use? Join us...use your own pattern, or use one we have. We can teach basic crochet skills if you would like to learn!

Social: St. Patrick's Day Trivia and Snacks

Monday, March 17, 1:30 - 2:30pm, Multi-Purpose Room

Come learn the history of St. Patrick's Day, participate in trivia with prizes! Green treats will also be provided, along with laughter and fun!

Lunch Brunch: Simone's Wood Fired Craft Kitchen

Tuesday, March 25, 12:30 – 2:00pm, Meet in the YMCA Lobby

We will meet at the YMCA and walk over for a fun lunch with our Y friends! Please make sure to reserve your spot in the app. ****Participants are responsible for paying for their own meal.****

BINGO

Wednesday, March 26, 1:30 – 2:30pm, Multi-Purpose Room

Join us as you yell your favorite word...BINGO! Win prizes while making friends!

Color Me Calm: Coloring for Adults

Thursday, March 27, 12:30 – 1:30pm, Multi-Purpose Room

Many games are available! And, if you like to color, join us! No artistic talent required. Meet new friends in a relaxing atmosphere. All supplies are provided or bring your own.