



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.

YMCA AT WIDLIGHT | 251 Breezeway Street | 904.849.9622 | 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.

Walking Club

Saturdays, March 1st, 8th & 15th, 22nd and 29th, 9:00 – 10:00am, Upstairs Walking Track

Come with your walking shoes on as you join Mrs. Evelyn on Saturday at 9:00am this month for some walking and talking. ***Meet upstairs on walking track at 9:00am***

Bible Study

Tuesday, March 4th, 6:15 – 7:30pm, Teen Center

Bring your bibles and join us for Bible Study with Coach Miller as he wraps up our last series with Forgiveness. All denominations are welcome.

BINGO!

Thursdays, March 6th, 12:00 – 1:00pm, Teen Center

Who doesn't love a classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO!

Tech 101

Tuesday, March 11th, 12:00 – 1:00pm, Lobby

Technology can be a bit difficult and so much is changing rapidly, so bring your phone, laptop or tablet in and we will help you step by step through issues you may be having.

Knitting Class

Thursday, March 13th, 12:00 – 1:00pm, Teen Center

Come join Carol as she teaches us the beginner basics of knitting.

Social: Holiday Party

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

It's St. Patty's Day, join us in our Teen Center for a LUCKY Day full of yummy food. Be sure to sign-up for a food/sweet item of your choice that you would like to bring. Don't forget to wear your GREEN!!!

Food sign-up sheet will be posted at our membership desk.

Brunch Bunch

Thursday, March 20th, 12:15 – 2:00pm, Grumpy's

Join us at Grump's for some yummy Brunch and good convo. We will need a head count before class so **PLEASE be sure to register in the app, online, or with the assistance of our staff at the membership desk.**

Participants will be responsible for their own meals.

Arts & Crafts

Tuesday, March 25th, 12:00 – 1:00pm, Teen Center

Come be creative with us as we craft up our very own Spring Bird house.

Cooking Demo with Feeding Northeast Florida

Thursday, March 27th, 12:00 – 1:00pm, Teen Center

Come enjoy a cooking demonstration focused on healthy habits and cooking confidence!