



# 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) | April 2025

## The Art of Spring

### *Crafting, Reading & Renewal*

### The Importance of Self-Care

Self-care isn't just about relaxation it's about restoration. It's how we recharge, find balance, and nourish our mental, emotional, and physical well-being. Taking time for self-care isn't selfish; it's essential for maintaining resilience and joy in everyday life.

### Reading as Self-Care

Books offer more than just stories - they provide an escape, a moment of quiet, and a way to engage with new perspectives. Reading allows us to slow down, disconnect from stress, and immerse ourselves in something meaningful. Whether it's fiction for relaxation or nonfiction for growth, reading is a powerful form of self-care that nurtures both the mind and soul.

### Art as Self-Care

Creating or experiencing art is a form of self-expression and emotional release. Whether painting, drawing, or simply appreciating art, the process encourages mindfulness and creativity. Art has the ability to soothe, inspire, and heal, making it a valuable tool for self-care and personal reflection.

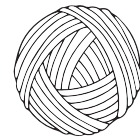
Book Clubs are held at the following Locations:

- Winston
- Williams
- St. Augustine
- McArthur
- Dye Clay
- Brown
- Brooks
- Barco Newton
- FHV
- Baptist North
- Nocatee



Art/Craft Clubs are held at the following Locations:

- Winston
- Williams
- McArthur
- Dye Clay
- Brown
- Brooks
- Barco Newton
- FHV
- Baptist North
- Johnson



World Health Day is April 7th



World Arts Day is April 15th



# IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | APRIL 2025

## APRIL 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](https://fcymca.org).

**REMINDER!** Come play PICKLEBALL at the Y!

Join us every Tuesday and Thursday from 10:30am – 12:30pm and  
Monday evenings from 6:00 – 8:00pm in the Gymnasium!

### Senior Chair Volleyball

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita to have fun with your Y friends while getting in a great workout.

### Coffee and Convo

Every Friday, 10:00am – 12:00pm, Common Area

Come for the coffee and stay for the fellowship!

### Spanish Club

Every Friday, 12:30 - 1:30pm Family Activities Center

Master Spanish with Layla. Now every Friday!

### Book Club

Thursday, April 10<sup>th</sup>, 10:00 – 11:00am, Common Area

Join us for a morning discussion about "Thunder Dog" and deciding **next month's book**.

### Party and Play: Birthdays and BINGO

Thursday, April 17<sup>th</sup>, 11:30am – 1:00pm, Family Activities Center

Celebrate fellow members with April birthdays and enjoy Bingo fun.

### Dinner Out: **Whitey's**

Tuesday, April 22<sup>nd</sup>, 4:30 – 6:00pm, **Whitey's** Fish Camp

Come and enjoy food and fellowship with your Y Family. Please use the app to reserve your spot.

**\*Participants will be responsible for paying for their own meals.**

### New Member Welcome for Active Older Adults

Thursday, April 24<sup>th</sup>, 11:45am – 12:45pm, Common Area

Come relax and color while enjoying fellowship and fun.

### Skincare and Cosmetics Class

Friday, April 25<sup>th</sup>, 12:00 – 2:00pm, Family Activities Center

Learn tips and techniques to enhance your natural beauty at any age! Bring your own cosmetics if you would like to follow along, or feel free to just listen and learn.