



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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.

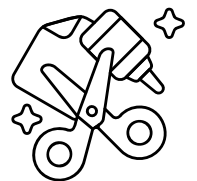
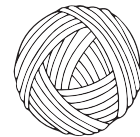
Book Clubs are held at the following Locations:

- 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.

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | 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.

Crochet 'n Craft Crew

Every Monday, 2:15 - 3:15pm, Studio D

Bring your projects and socialize! Help is available for beginners. And you're not limited to crochet - bring your current projects (needlepoint, embroidery, knitting, etc.) and have fun conversing with new friends and learning a new skill!

Bible Study

Every Friday, 11:45am - 12:45pm, Studio D

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. All denominations are welcome.

Bocce Ball

Wednesday, April 9th, 11:45am - 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

Lunch and Learn: Presented by VIP Better Care Health Group

Thursday, April 10th, 11:30am - 12:30pm, Conference Room

Topic: Vibrantly Aging with VIP Better Care Health Group. Lunch will be provided to all registered participants.

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

Meeting: Volunteers

Thursday, April 10th, 2:15 - 3:15pm, Studio D

Interested in volunteering? Come to the **meeting to find out what's happening and ask questions!**

Game Day: Demo

Friday, April 11th, 12:30 - 2:30pm, Lobby

Featured Game: Yahtzee!

BINGO!

Friday, April 11th, 12:00 - 12:30pm, Conference Room

Sponsored by David Palmeri, Independent Insurance Agent.

Lunch Bunch

Monday, April 21st, 12:30 - 2:00pm

Meet at **Carrabba's**, 8137 Point Meadows Way for food, friendship, and fun!

Participants will be responsible for paying for their own meal.

New Member Orientation for Seniors

Wednesday, April 23rd, 2:15 - 3:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

Book Club: Books@Brooks

Thursday, April 24th, 2:15 - 3:15pm, Studio D

Sick Puppy, by Carl Hiaasen. Reading the book is encouraged, but not required. The Book Selection List will be made available to all who would like to see it.

Coffee and Conversation

Wednesday, April 30th, 11:30am - 12:30pm, Lobby

Coffee, and socializing!

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a prize! **Pick up your card at the Welcome Center today!**

PLEASE remember to swipe your membership card or scan in at the front desk **EVERY** day that you visit! We depend on you!

Have suggestions, inspiration, or feedback? Reach out to Sheri Nash, our Brooks Family YMCA Healthy Aging Coordinator!
Email: snash@fcymca.org
Phone: 904.902.7973