



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

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

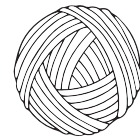
Book Clubs are held at the following Locations:

- 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.

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | 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.

MEN'S BIBLE STUDY

Tuesdays, 6:30 - 8:00pm, Healthy Living Center

Men join us once a week for fellowship and spiritual growth as we study the Holy Bible. The study is led by Chris Raab and hosted by our fellow member Jeffrey Winters. For additional information, please contact Chris Raab at (904) 891-4460.

(Registration Class Name – Healthy Aging Bible Study)

MAH JONG

Wednesdays, 12:30 - 2:30pm, Healthy Living Center

If you would like to learn how to play Mah Jong, join us every Wednesday to learn and play the game. All skill levels, from beginners to experienced players, are welcome! Instructors will be present.

(Registration Class Name – Healthy Aging Mah Jong)

MAH JONG FOR SEASONED PLAYERS

Thursdays, April 10th & April 24th, 12:45 - 2:45pm, Healthy Living Center

Experienced Mah Jong players, come join us for a fun and enjoyable afternoon. Instructors will NOT be present.

(Registration Class Name – Healthy Aging Mah Jong)

LUNCH BUNCH

Thursday, April 3rd, 1:00 - 2:30pm, Palm Valley Outdoor Grill

Meet for lunch at Palm Valley Outdoor Grill (377 S. Roscoe Blvd, Ponte Vedra Beach) to enjoy a yummy lunch while socializing. ***Participants will be responsible for paying for their own meals.***

(Registration Class Name – Healthy Aging Lunch Bunch)

50 & BETTER PAINTING

Friday, April 4th, 1:00 - 3:30pm, Healthy Living Center

Join us for an afternoon of painting fun. We will provide lunch and the supplies you need along with step-by-step instructions.

Cost: \$30/member OR \$45/non-member *** Registration and payment can be made at the Welcome Center. ***

PICKLEBALL INJURY PREVENTION SESSION & PICKLEBALL 101

Wednesday, April 9th, Pickleball Injury Prevention Session, 5:00-6:00pm, Pickleball Courts

Monday, April 14th, Pickleball 101, 11:00-12:00pm, Pickleball Courts

Register now for a FREE introduction to Pickleball and a Pickleball Injury Prevention Session. Paddles and balls will be provided. ***Please register at www.courtreserve.com. ***

FUN WITH DRUMMING

Friday, April 11th, 1:00 - 2:00pm, Healthy Living Center

Come join us for a Drum Circle where **we'll** share rhythm and enhance our health and happiness. Instructor Emile will guide us through using the drums. Please bring a drum; **we'll have a few extra.**

(Registration Class Name – Healthy Aging Meditation)

BOOK CLUB

Wednesday, April 16th, 11:00am - 12:00pm, Healthy Living Center

Calling all readers, join us to discuss the book, "The Other Einstein" by Marie Benedict. If you have not read the book for this meeting, come, and give us your suggestions for the next books to read. Come for the Books, Stay for the Community!

(Registration Class Name – Healthy Aging Book Club)

ARTS and CRAFTS: LEGO™ FLOWER BUILDING FUN

Friday, April 25th, 1:00 - 2:00pm, Healthy Living Center

Whether you're a LEGO™ enthusiast or just love flowers, join us in building a stunning floral creation that will be displayed at the 50 & Better table for everyone to enjoy!

(Registration Class Name – Healthy Aging Arts & Crafts)