



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcycma.org](mailto: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.

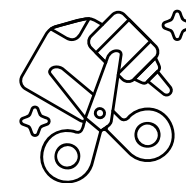
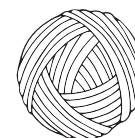
Book Clubs are held at the following Locations:

- 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.

DYE CLAY FAMILY YMCA | 3322 MOODY AVENUE | 904.272.4304 | 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](http://fcymca.org).

### COFFEE AND CONVO

Monday, April 7<sup>th</sup>, 10:00 – 11:00am, Lobby

Join Healthy Aging Coordinator Jenny for coffee and pastries, along with open discussion about upcoming AOA activities, AOA **Committee**...and get to know your new Healthy Aging Coordinator!

### ARTS AND CRAFTS

Monday, April 7<sup>th</sup>, 1:00 – 2:30pm, Youth Center

Join us monthly in creating a new craft! Peer-led and loads of fun!

### BOOK CLUB

Monday, April 14<sup>th</sup>, 1:00 – 2:30pm, Youth Center

Our group will meet to discuss books and activities. Join us for a peer-led, healthy literary discussion. Lite snacks provided.

### LUNCH and LEARN: HEALTHY AGING PRESENTATION with CONVIVA

Tuesday, April 15<sup>th</sup>, 11:15am – 12:15pm, Youth Center

Join us for a presentation on Healthy Aging, sponsored by Conviva. Lunch will be provided to all registered participants.

### SPECIAL EVENT: MUSIC AND MEMORIES

Wednesday, April 16<sup>th</sup>, 10:00 – 11:00am, Studio B

A guided Journey to capturing your memories through music. Each month participants will reflect on a specific theme, using music as inspiration to unlock memories and document their life stories. (Journals will be provided; must sign up on FCYMCA app.)

### GARDEN CLUB

Wednesday, April 23<sup>rd</sup>, 11:30am – 12:30pm, Youth Center

A great meeting for planning our monthly calendar meetings and topics.

### PARTY AND PLAY: BINGO & BIRTHDAYS!

Thursday, April 24<sup>th</sup>, 12:15 - 1:30pm, Youth Center

Fun, prizes, and more!!! If you are celebrating a birthday in February, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

### MOVIE TIME (TITLE TBD)

Monday, April 28<sup>th</sup>, 1:00 – 2:30pm, Studio B

Relax and enjoy the company of friends...and a good movie!

#### **Don't forget your PUNCH!**

Pick up your AOA punch card at the Welcome Center starting February 1st. Each time you visit the Y, get it punched! Enter drawing to win a Cool Prize this month!

More visits=  
More chances to WIN!

#### **PICKLE BALL PLAY!**

Monday, Wednesday,  
& Friday  
12:00 - 2:00pm  
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Jenny Engelmeyer at [jengelmeyer@fcymca.org](mailto:jengelmeyer@fcymca.org) for more information!