



# 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.

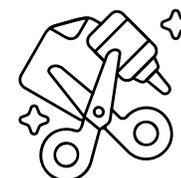
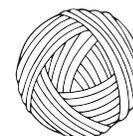
Book Clubs are held at the following Locations:

- 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.

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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).

### FOOD PANTRY MONDAYS

Mondays, April 7, 14, 21, and 28, 12:00 – 2:00pm, Food Pantry

**With a heart to serve our community, we're** offering a wide range of food items for those who need a helping hand. While supplies last. All are welcome to attend. \*Registration/reservations not required. All are welcome.\*

### WEEKLY BIBLE STUDY with PASTOR PERRY ROBINSON

Wednesdays, April 2, 9, 16, 23, and 30, 10:30 – 11:30am, Pre-Teen Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

### GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, April 2, 9, 16, 23, and 30, 1:00 – 2:00pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

### BINGO!

Friday, April 4, 10:30am – 1:00pm, Pre-Teen Center

**Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun.**

### AOA (ACTIVE OLDER ADULTS) MEETING

Monday, April 7, 9:30 – 10:30am, Healthy Living Center

All are welcome to attend.

### COLOR ME CALM

Friday, April 11, 10:30am – 12:30pm, Teen Center

Connect with friends, relax, and get creative! Coloring is a great way to reduce stress and improve your mood. Please bring your crayons, coloring pencils, watercolor paints, brushes, and paint-by-number books.

### BOARD GAME BLOWOUT

Friday, April 18, 11:00am – 1:00pm, Pre-Teen Center

Bring your favorite card or board games to indulge in friendly competition catering to all ages and player levels. Please bring a shareable snack.

### APRIL MEMBER APPRECIATION: EARTH DAY CELEBRATION

Tuesday, April 22, 12:00 – 2:00 pm, Gazebo

Join us to give thanks for our members, guests, and planet Earth with a Spring clean-up project and cook-out (while supplies last). Garbage bags and gloves will be supplied.

### VETERAN'S & ACTIVE MILITARY LUNCH & LEARN

Friday, April 25, 12:00 – 1:00 pm, Teen Center

Join our Military Outreach Team to discuss and explore all our Military programs and resources at the Y. Lunch will be provided to all reserved participants.

### MID-DAY MOVIE: WAR ROOM

Tuesday, April 29, 11:00am – 1:00pm, Teen Center

Enjoy the movie, War Room (2015). A seemingly perfect family looks to fix their problems with the help of Miss Clara, an older, wiser woman. Rated PG. Popcorn served.