



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.

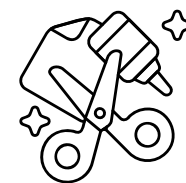
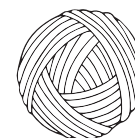
Book Clubs are held at the following Locations:

- 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.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | 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.

Board Games

Wednesdays, April 2nd, 16th, and 30th, 3:00 – 5:00pm, Lobby

Gather with your friends and join us in the studio for an array of board games. Have any board game requests? Reach out to Christine at csouders@fcymca.org

Book Club: Book Circle

Friday, April 4th, 2:00 - 3:00pm, meet at Fernandina Beach Library

Gather with a group to exchange books that you have independently read (it's like a cookie exchange, but for book lovers). Here's your chance to expand your library!

Mahjong

Monday, April 7th, 1:00 - 3:00pm, KidZone

Come join friends and play the exciting game of Mahjong

Walking Group: Walk into Thursday

Thursday, April 10th, 9:30 – 10:30am, Lobby

Enjoy a nice and scenic walk around the neighborhood near the YMCA.

Tech 101

Monday, April 14th, 9:30 – 10:30am, Lobby

Technology can be a bit difficult and so much is changing rapidly, so bring your phone and we will help you step by step through issues you may be having.

BINGO (Easter-themed!)

Tuesday, April 15th, 10:45 – 11:45am, Studio A

With different monthly themes, enjoy a game BINGO...and have a chance to win prizes!

Brunch Bunch: Good Friday Brunch

Friday, April 18th, 10:30am – 12:00pm, Beach Diner (2006 S. 8th Street, Fernandina Beach)

Join us at Beach Diner for some yummy brunch and good convo! We will need a head count before dining so **PLEASE be sure to register in the app, online, or with the assistance of our staff at the membership desk.** *Participants will be responsible for their own meals. *

Arts & Crafts

Thursday, April 24th, 1:00 - 2:00pm, KidZone

Enjoy being creative and crafty? Join us each month for a different craft activity!

Special Class: Let's Try Yoga Workshop

Friday, April 25th, 1:00 – 2:00pm, Studio A

A slower pace and a fun way to learn how to do yoga poses. Bring your mat and water.

DON'T FORGET YOUR

50 & BETTER PUNCH CARDS!

Participate in the monthly

Ages 50 & Better Rewards drawing using your completed punch card, and you could win great prizes!

Want to see something new at the Y? Do you have feedback about events and activities?

We want to hear from YOU! Please email any thoughts, suggestions, or wants/needs to Christine at csouders@fcymca.org.