



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | March 2025

Spring Into Wellness



Rejuvenate Your Mind, Body, and Spirit

Spring Forward, Live Healthier!

As we spring forward this March, it's a perfect time to embrace healthy living.

- Start by prioritizing sleep—adjust your routine gradually before daylight saving time to avoid feeling too groggy.
- Increase outdoor activities like walking or cycling to soak up more sunshine, which boosts your mood and vitamin D levels.
- Refresh your diet with seasonal produce like leafy greens, citrus, and berries.
- Stay hydrated, and consider reducing your caffeine intake to help your body adjust to the time change.
- Practice mindfulness or yoga to reduce stress, and aim for consistency in your exercise routine.
- Finally, reset your goals, whether for fitness, wellness, or personal growth, and embrace a mindset of renewal!

8 ^{IN} 10 ADULTS WITH PREDIABETES
DON'T KNOW THEY HAVE IT

REDUCE YOUR RISK

EAT HEALTHY & BE MORE ACTIVE

The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program. This program helps those who have been diagnosed with prediabetes, or believe they may be at high risk of developing type 2 diabetes. This program is designed to help you adopt and maintain healthy lifestyle changes over the course of one year.

Programs starting SOON!
Email myhealth@fcymca.org for more information!



IT'S NEVER TOO LATE TO FEEL GREAT.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | MARCH 2025

MARCH EVENTS AND ACTIVITIES

Events are free for members and require reservations (unless otherwise noted). Reservations can be made in our app and online at fcymca.org.

Board Games

Wednesday, March 5th & 19th, 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 Nadiah (ngardner@fcymca.org) make your requests or for more information.

Walking Group: Walk into Friday

Friday, March 14th, 9:30 - 10:30am, Meet at the front of the Y Lobby

Walk the beautiful area of Amelia Park.

Mahjong

Monday, March 10th, 12:30 - 2:30pm, KIDZONE

Join a game based on skill, strategy & LUCK! Players of all skill levels are welcomed.

Arts & Crafts

Thursday, March 27th, 12:30 - 2:30pm, KIDZONE

Enjoy being creative & crafty? Participate in our arts & crafts event, where we have different craft each month.

Book Circle

Friday, March 7th, 2:00 - 3:00pm, Fernandina Public Library

Gather with a bunch to discuss and 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!

Special Class: Zumba Gold

Thursday, March 13th 11:30am - 12:15pm and Thursday, March 20th 2:00 - 2:45pm, Studio A

This slowed-down version of Zumba focuses on balance, coordination, and range of motion. If this sounds your speed, try out our pop-up classes of Zumba Gold!

Special Event: March Madness

Wednesday, March 19th, 12:30 - 1:00pm, Lobby

Calling all sports fans! Join our March Madness college basketball bracket challenge! Fill out your bracket for the tournament and the participants who predicts the most correct game winners will win a prize. Brackets will be provided. Contact Randi (rfort@fcymca.org) for questions.

BINGO

Tuesday, March 25th, 11:00am - 12:00pm, Studio A

With different monthly themes enjoy a game BINGO and have chance to win a prize.

**Have questions, suggestions, or feedback? Let us know!
Reach out to Nadiah at ngardner@fcymca.org.**

DON'T FORGET YOUR 50 & BETTER PUNCH CARDS

Participate in the monthly **Age 50 & Better Rewards** drawing using your completed punch card, and you could win great prizes!

Join our First Coast YMCA Facebook Group for members ages 50 and Better!

Want to stay in the know about all things First Coast YMCA? Simply join our Facebook Group! Go to: [Facebook.com/groups/50AndBetter](https://www.facebook.com/groups/50AndBetter) TODAY!