



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

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

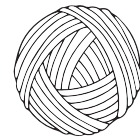
Book Clubs are held at the following Locations:

- 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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd. | 904.292.1660 | 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.

Bible Study

Every Friday, 12:30 - 1:30pm, Healthy Living Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Game Day

Tuesday, April 1st and 15th, 3:00 – 4:30pm, Studio B

It's time for PING PONG! Also, enjoy a variety of different games – from Jenga to UNO to Trivial Pursuit and more – with your Y friends! Lite snacks provided.

Financial Workshop: AOA Budgeting Basics with Vystar

Wednesday, April 2nd, 1:00 – 2:00pm, Healthy Living Center

Join the YMCA and Vystar for a learning session. Be sure to reserve your spot in our app or online!

Urban Soul Line Dancing

Friday, April 4th, 6:00 – 7:30pm, Gymnasium

Bring a friend and have fun learning and dancing on a Friday night!

Coffee and Conversation

Tuesday, April 8th, 11:00am - 12:00pm, Williams YMCA Lobby

Join Healthy Aging Coordinator Jenny for open discussion about upcoming AOA activities.

Arts and Crafts

Thursday, April 10th & 17th, 3:00pm – 4:30pm, Studio B

Learn to CROCHET! Staff led and loads of fun! Supplies and lite snacks provided.

Williams Family Spring Potluck

Friday, April 11th, 11:30am – 1:00pm, Gymnasium

Join us for a delightful Spring Potluck filled with delicious food, great company, and seasonal cheer- bring your favorite dish to share and invite a guest!

Plans & Produce with Gold Kidney Health Plan

Tuesday, April 15th, 11:00am – 12:00pm, Healthy Living Center

Theme is "Plans and Produce" with Gold Kidney Health Plan. Gold Kidney Health Plan will have a bag of fresh produce for the members that attend. Cognitive Exercise Demonstration.

Be sure to reserve your spot in our app or online!

Book Club

Thursday, April 17th, 1:15pm - 2:15pm, Studio B

Join us for a peer led, healthy literary discussion. Lite snacks provided.

Party and Play: April Fools & Fun - Bingo & Birthdays!

Thursday, April 24th, 3:15 – 5:00pm, Studio A

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

Free Wellness Workshop – Tech 101

Thursday, April 24th, 5:30pm – 6:30pm, Healthy Living Center

A YMCA staff member will help you navigate our FCYMCA.org app and Y360.

Don't forget your PUNCH!

Pick up your monthly AOA punch card at the Welcome Center. Each time you visit the Y, get it punched at the Welcome Center.

More visits = More chances to WIN!

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 @ jengelmeyer@fcymca.org for more information!

PICKLE BALL

Pickleball Play
Mon-Wed 1:00pm-4:00pm
Thursday 8am-10:30am 1pm-4pm
Friday 1:00pm-4:00pm
Sundays 10:00am-12:00pm
Beginner Instruction Fri 11am-1pm
Beginner Play Fri 12pm-1pm