



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.

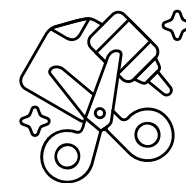
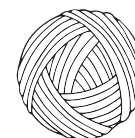
Book Clubs are held at the following Locations:

- 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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 | 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.

PING POG

EVERY Tuesday & Thursday, 1:00 – 3:00pm, Gymnasium *No reservations necessary.*

Crochet / Knitting Class

Mondays, 1:30 – 3:30pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. Some supplies will be available. You may either keep what you make or donate your creation to a homeless shelter. All levels welcome! Snacks provided.

Party & Play: Birthdays and BINGO

Tuesday, April 1st, 10:00 – 11:00am, Teaching Kitchen

Come celebrate our fellow members with April birthdays...and enjoy some BINGO fun!

Bible Study

Friday, April 4th, 11:00am – 12:00pm, Conference Room

Studying 31 Women of the Bible available on Amazon. This month we are learning about Rahab & Deborah. All denominations welcome!

Coffee and Convo: Meet & Greet

Tuesdays, April 11th & 18th, 10:00 – 11:00am, Teaching Kitchen

Learn more about the Y and enjoy fellowshiping.

Special Event: FOLLOW ME - Passion Play 2025

Friday, April 11th, 5:30pm, Murray Hill Theatre 932 Edgewood Ave S.

Immerse yourself in the captivating story of love, sacrifice, and redemption. **You may purchase tickets online or at the theatre.**

Bowling

Wednesday, April 16th, 12:00 – 2:00pm

Join us at King Pin Lanes, 5310 Lenox Ave. \$8.50 gets you two games, shoes, hot dog, a drink, and chips.

Participants will be responsible for paying for the event; payment will be made at Bowling Lanes.

Lunch Bunch

Wednesday, April 10th, 12:00 – 2:00pm The Blue Orchid, 1551 Riverside Ave.

One lucky participant will have their lunch paid for by the Y! *Participants are responsible for paying for their own meals.*

Book Club

Tuesday, April 22nd, 10:00 – 11:00am, Conference Room

This month's book is "My Sister's Keeper", by Jodi Picoult

Special Event: Weekly Tales of Giving

Wednesdays, April 2nd, 9th, 16th, 23rd, 10:00 – 11:00am, Lobby

Volunteer opportunity! Every great story needs a hero, and that hero is YOU! Join our lobby campaign to help write the next chapter for our Y community. Help us support life changing programs like Safety Around Water, Youth Sports, and cancer survivor support.

Spirit Week! - Once Upon a Week

April 14th - April 18th

A fun-filled Story-book themed spirit week! For details, see the Welcome Center or email Kristin at kplum@fcymca.org!

No reservations necessary! Simply come in and participate in our daily themed activities!

Day Trip: Breakfast & Thrifting

Saturday, April 26th, 10:00am – 2:00pm, Beach Diner, 2006 South 8th Street in Fernandina Beach

Meet at Beach Diner at 10:00 for breakfast and then a fun time of thrifting in Fernandina Beach & Amelia Island.

FLORIDA BLUE SPONSORED EVENTS

(Please register for these events directly with Florida Blue in our Healthy Living Center.)

Senior Tech: Learn AI Tools Friday, April 18th, Teaching Kitchen

Florida Blue Senior Painting Friday, April 25th, 11:00am – 12:00pm, Teaching Kitchen

Don't forget your monthly PUNCH CARD!

TEN punches on your Silver Punch Card enters you to win PRIZES each month!
Pick up your card at the Welcome Center TODAY! (one card per member, please)