



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.

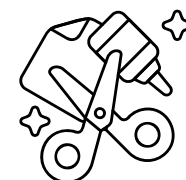
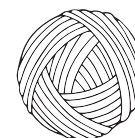
Book Clubs are held at the following Locations:

- 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.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | 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.

BOOK CLUB

WEDNESDAY, APRIL 2nd from 12:30 – 2:30pm, Studio A
"8 Steps to Finding Your Awesome", by Venus Williams

TECH 101- YMCA APP TRAINING

THURSDAY, APRIL 3rd from 10:00 – 10:45am, Healthy Living Center
Learn how to navigate the First Coast YMCA app.

MOVIE MATINEE

WEDNESDAY, APRIL 9th from 12:30 – 3:00pm, Studio A
Let's go to the movies...at the Y! Come relax and enjoy "The Forge", some snacks, and the company of your Y friends.

WALKING CLUB

FRI DAY, APRIL 11th from 3:00 – 4:00pm, Outside
Enjoy the spring weather with a walk around our nature trail.

ARTS & CRAFTS: QUILTING (CONTINUED)

MONDAY, APRIL 14th from 12:30 – 1:45pm, Kidzone
Start making a quilt and continue the one you already started.

BOWLING

WEDNESDAY, APRIL 16th from 12:30 – 2:15pm
King Pins Bowling Center at 5310 Lenox Avenue
Get out and knock over some pins. You get shoes, two games, and a hotdog lunch for \$8.50.
Sign up in the app. Payment can be made at the Bowling Alley.

SPECIAL EVENT: EARTH DAY/ROCK PAINTING

TUESDAY, APRIL 22nd from 12:30 – 2:00pm, Studio A
Celebrate Earth Day and paint rocks to place around our playground for the kiddos to enjoy. We will also be doing a seed exchange. Please bring seeds for your favorite plant if you would like to participate.

PARTY AND PLAY: BINGO AND BIRTHDAYS

WEDNESDAY, APRIL 23rd from 12:15 – 1:30pm, Studio A
Join us for an afternoon shouting your favorite word—BINGO! We will have prizes for winners, fun with friends, and lots of laughs. **We will also be celebrating this month's birthdays!**

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win YMCA swag!
[Pick up your card at the Welcome Center today!](#)