



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.

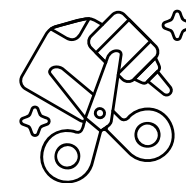
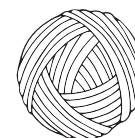
Book Clubs are held at the following Locations:

- 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 FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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.

Bible Study at the Y!

Wednesdays, April 2 & 16, 1:30 – 3:00pm, Multi-Purpose Room

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All are welcome. The Bible is a part of daily life for both men, and they look forward to exploring the Word with you in whatever form will best meet the needs of our collective group. The group is currently studying the book of Joshua.

Walking Club

Fridays, April 4 & 18, 1:30 – 2:30pm, Meet in the YMCA Lobby

Enjoy a walk around the neighborhood. Take it at your own pace, slow and easy or quick and fast. The route is 1.5 miles in Murabella or loop around the half mile route. We will laugh and enjoy **each other's** company while getting a great workout!

Mahjon Orientation and Playing

Monday, April 7, 1:00 - 4:00pm, Multi-Purpose Room

Calling all Mahjon players!! If you are a seasoned player or just want to learn what Mahjon is all about, this is for you. We have a member who plays and is willing to teach tournament rules. Following the orientation please be prepared to purchase a \$15 card from the National Mahjong League. The goal is to teach and/or play following tournament rules.

Book Club: For the Love of Reading!

Tuesday, April 8, 1:00 – 2:00pm, Multi-Purpose Room

How to Read a Book (2023) by Monica Wood follows the journey of three characters brought together through grief and **trauma. In Violet, Frank, and Harriet's converging paths, Wood explores** the effects of incarceration, the healing power of books, and the importance of forgiveness of self and others.

Game Day!

Wednesday, April 9, 12:45 – 1:45pm, Multi-Purpose Room

Come join other individuals who love to play Board Games, Cards, Puzzles and other social games. Bring your own game and teach others how to play! Come ready to laugh and have fun!

Crochet/Knitting Club

Friday, April 11, 1:00 – 2:00pm, Multi-Purpose Room

Do you like to crochet or knit? Do you have yarn you would like to use? Join us, use your own pattern, or use one we have. We can teach basic crochet skills if you would like to learn! If crochet and knitting are not for you, join us for games and conversations. All games are provided.

Social: Sports Card Trading

Tuesday, April 22, 1:00 – 2:00pm, Multi-Purpose Room

Do you have sports cards, baseball, football, soccer, basketball? Would you like to pull them out of the closet and trade them? We will have fun reminiscing and looking through the cards.

Color Me Calm

Wednesday, April 23, 12:45 – 1:45pm, Multi-Purpose Room

If you like to color join us! No artistic talent required. All supplies are provided, or feel free to bring your own. Other games will be available.

Lunch Brunch: Two Creek Bar & Grill

Friday, April 25, 12:30 – 2:00pm, Meet at Two Creeks Restaurant at 74 Capulet Drive, Suite 201

Join us for food and friendship. Please make sure to reserve your spot in the app!

Members will be responsible for paying for their own meals.

BINGO

Wednesday, April 30, 1:30 – 2:30pm, Multi-Purpose Room

Join us as you yell your favorite word...BINGO! Win prizes while making friends!