



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.

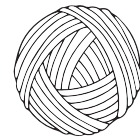
Book Clubs are held at the following Locations:

- 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.

YMCA AT NOCATEE | 400 Colonnade Drive | 904.671.9622 | 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.

Coffee and Convo: Kookaburra in Nocatee

Wednesday, April 2nd, 9:30 – 10:30am, Kookaburra at 351 Town Plaza, Suite 102A
Join fellow members over the fragrant aroma of coffee and good conversation. A great way to meet new friends! **Participants will be responsible for paying for their own coffee.**

Mindful Meditation

Friday April 4th, 11th, and 18th, 1:15 - 1:45pm, Studio A
Back by popular demand! Join instructor Libby B. This is great for self care, mental health, and building a community! Meditation can be done in a chair or on a mat.

Majong Meetup

Every Friday, 2:00 – 5:00pm, Multipurpose Room
If you are a Mahjong lover, come see us every Friday at the Y for fun and friendship!
Requirements: Must know how to play, and own tiles and card.
There will also be a beginner's table for those who are learning how to play Mahjong.

Day Trip: Coastal Wine in Nocatee

Wednesday, April 9th, 4:00 – 6:00pm, Coastal Wine at 641 Crosswater Pkwy, Suite B
Come enjoy happy hour specials with your Y friends! This trip is all about good times, laughter, and making memories. **Participants will be responsible for paying for their own drinks.**

Lunch Bunch: Anejo Cocina Mexicana Nocatee

Wednesday, April 16th, 12:30 – 2:00pm, Anejo Cocina Mexicana at 335 Pine Lake Drive
Food and Friendship! Enjoy a yummy lunch while socializing with your fellow members.
Participants will be responsible for paying for their own meals.

Trivia

Tuesday, April 22nd, 7:00 – 8:00pm, Nocatee Treylor Park
Join the YMCA Healthy Aging team of Ys and Y Nots as we hopefully win again this month with our general knowledge!

Movie Day Trip: Cinemark at Durbin Pavilion

Wednesday, April 30th, details to be announced
Come relax and enjoy a movie, some snacks, and the company of your Y friends. Email Libby at eblumberg@fcymca.org for your movie suggestions!

Book Club

Tuesday, April 29th, 3:00 – 4:00pm, Multi-purpose Room
The book for this month will be The Briar Club. Check our local library for a copy of the book!

Have suggestions, inspiration, or feedback? Please reach out to Libby Blumberg, our Healthy Aging Coordinator at the YMCA at Nocatee, at eblumberg@fcymca.org!