



# IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto: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.

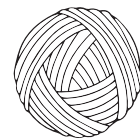
Book Clubs are held at the following Locations:

- 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 WILDLIGHT | 251 Breezeway Street | 904.849.9622 | 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](http://fcymca.org).

### Walking Club

Saturdays, April 5<sup>th</sup>, 12<sup>th</sup>, and 19<sup>th</sup>, 9:00 – 10:00am, Upstairs Walking Track  
Come with your walking shoes on as you join Mrs. Evelyn for some walking and talking.

### BINGO!

Thursdays, April 3<sup>rd</sup>, 12:00 – 1:00pm, Teen Center

**Who doesn't love the classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO!**

### Arts & Crafts: Pizza & Painting

Friday, April 4<sup>th</sup>, 6:15 – 7:00pm, Teen Center

Come join us with other families at our Families Unplugged Event Pizza and Painting. We will be painting a themed canvas of April Showers as we enjoy conversation and pizza.

**Cost is \$10.00. PLEASE visit the Welcome Center to register and pay, and so we can get a head count!**

### Puzzles

Tuesday, April 8<sup>th</sup>, 1:00 – 1:30pm, Teen Center

Stop by for some good ole conversation and puzzle building as we chitchat about your week or upcoming plans!

### Day Trip: Live Musical at Amelia Community Theater

Sunday, April 13<sup>th</sup>, 1:30 – 4:30pm, Amelia Community Theater at 207 Cedar St, Fernandina Beach, FL 32034

Come join us as we watch one of our very own members, Elmer Smith, in the musical "Singin in the Rain". A flyer is posted outside of studio B with more information.

**Tickets are \$30.00; participants are responsible for purchasing their own tickets.** To purchase, call (904) 261-6749 or go online [www.ameliacommunitytheatre.org](http://www.ameliacommunitytheatre.org). If you plan on attending and purchase tickets, please let our Welcome Center know so that we can have an accurate head count.

### Arts & Crafts: Easter Coaster

Tuesday, April 15<sup>th</sup>, 12:30 – 1:30pm, Teen Center

Come be creative with us as we craft up our very own DIY Easter drink Coaster.

### Brunch Bunch

Thursday, April 17<sup>th</sup>, 12:15 – 2:00pm, **Grumpy's**

**Join us at Grumpy's for some delicious Brunch and great convo.** Be sure to reserve your spot in the app!

**\*Participants will be responsible for paying for their own meals.\***

### Game Day

Tuesday, April 22<sup>nd</sup>, 12:00 – 1:00pm, Outside Turf

Come compete with us in Chair Volleyball! Chair volleyball is intended to reduce stress, boost self-esteem and confidence in individuals who are not able to play standard volleyball (We will be using a beach ball).

### Cooking Demonstration with Feeding Northeast Florida

Thursday, April 24<sup>th</sup>, 12:00 – 1:00pm, Teen Center

Enjoy a cooking demonstration with Beth from Feeding Northeast Florida as she teaches how to focus on healthy habits and cooking confidence! Small food samples will be provided to all that register and attend.

### Volunteer Opportunity

Saturday, April 26<sup>th</sup>, 9:00 – 12:00am, Wildlight Market Place on Tinker Street

Come joins us as a volunteer to help with our Healthy Kids Day. You will help with check-in, traffic control, and handing out food. If you can assist, **PLEASE sign up at the Welcome Center NO later than April 16<sup>th</sup>.** Also, **don't forget to** add your name and shirt size on the sheet that will be posted by our check-in scanner. Please note: Shirts may or may not be provided through the program. **(Reservations in the app not required.)**

### Tech 101

Tuesday, April 29<sup>th</sup>, 12:00 – 1:00pm, Teen Center

Technology can be a bit difficult and so much is changing rapidly, so bring your phone, laptop, or tablet in and we will help you step by step through issues you may be having.

**CLASS ALERT! Beginner's Cycle for Seniors has started on Mondays at 4:30pm!**