



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | March 2026

PROGRAM SPOTLIGHT

DIABETES PREVENTION PROGRAM

The Diabetes Prevention Program isn't an exercise or nutrition lecture series. It's a year-long program that starts with 16 weekly one-hour group sessions led by a trained lifestyle coach. Participants learn about healthy eating, physical activity, and behavior change in a classroom setting. After the core sessions, meetings shift to bi-weekly and then monthly to support long-term progress.

DIABETES SELF-MANAGEMENT & EDUCATION

In a small group setting, our ADCES-certified Diabetes Community Care Coordinators will lead discussions, in a safe environment, that help participants make better self-management decisions in managing their diabetes.



Spring Into Health This March!

March is the perfect time to spring into better health! Refresh your wellness goals and enjoy how the Y supports your mind, body, and spirit. Use the longer days to walk outside, enjoy seasonal produce, and try water and gentle strength classes made for you. Ready to FastForward your fitness? Join FastForward Fitness, a free orientation with a YMCA Wellness Coach to set goals, learn equipment, and find classes and resources that fit your pace. Members who attend are 4–6× more likely to build healthy habits!



IT'S NEVER TOO LATE TO FEEL GREAT.

BAKER FAMILY YMCA | 136 West Lowder Street | 904.259.0898 | MARCH 2026

MARCH EVENTS AND ACTIVITIES

The Baker Y is coming back to life, and we are so excited to gather, celebrate, and create lasting memories together. Join us for these upcoming Active Older Adult events designed to connect, reflect and have fun!

Coffee & Convo

Tuesday, March 3rd & Thursday March 5th, 2:00 – 3:00pm, Caruzinn Café

Meet us at the Caruzinn Café for a relaxed conversation, connection, and community - coffee on us!

Colon Cancer Awareness

Thursday, March 5th, 4:00 – 6:00pm, Baker County Health Department

Stop by our local health Department and pick up a FREE colon cancer screening kit and get resources from a local gastroenterology provider. **NO REGISTRATION REQUIRED.**

Arts and Crafts: AOA Craft Club

Tuesday, March 10th, 12:30 - 1:30pm, Baker YMCA Pool

Create a Spring Wreath to take home or share with someone special. A hands-on, joyful activity full of color and creativity. Light snacks provided.

Lunch and Learn

Tuesday, March 17th, 12:00 – 1:00pm, Keller School Gymnasium

Enjoy lunch on us and learn about the YMCA Healthy Living Programs like LIVESTRONG, Walk with Ease, and more! Please email MLewis@fcymca.org or sign up on the app to reserve your spot!

Community Counts AOA Volunteer Opportunity

Thursday, March 19th, 1:00 – 2:00pm, Keller School Gymnasium

Volunteer at our Local JFCS Food and Clothing Pantry located on the Keller school grounds. Being part of the YMCA is more than just a gym, it's a Community!

Garden Club

Tuesday, March 24th, 12:30 - 1:30pm, Baker YMCA Pool

Decorate and make your own springtime birdhouse! Meet new friends, enjoy light snacks, and get creative!

Party and Play: Bingo, Board Games, & Birthdays!

Thursday, March 31st, 12:45 - 2:00pm, Keller Community Center

Fun, prizes, and more!!! If you are celebrating a birthday in March, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

Don't forget your PUNCH!

Pick up your AOA Punchcard at your group ex classes. Each time you visit the Y and attend classes, get it punched.

**More visits=
More chances to WIN!**

**Reservations are
required for events and
can be made in our app
and online at fcymca.org
or the FCYMCA App!**

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Alethea Endel at Aendel@fcymca.org for more information!