



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.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | MARCH 2026

MARCH 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.

REMINDER! Come play PICKLEBALL at the Y!

Senior Chair Volleyball

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita to have fun with your Y friends while getting in a great workout.

Coffee and Convo

Fridays, March 13th and 27th, 10:00am – 12:00pm, Common Area

Come for the coffee and stay for the fellowship!

Book Club

Thursday, March 12th, 10:00 – 11:00am, Common Area

Join our healthy, lively literary discussion...and help us choose our next read!

Golden Words for Growing Athletes

Monday, March 16th, 11:30am – 12:30pm, Common Area

Help us decorate our sports bulletin board and encourage our youth athletes with words of motivation as volleyball is about to start.

Orientation: Intro to Machines

Wednesday, March 18th, 2:00 - 3:00pm, Wellness Floor

Come join Cholita for an introduction to the machines on our Wellness Floor in a group setting. Whether you're a seasoned member or just joining us, this will be an informative session for all.

Spring and Stroll

Friday, March 20th, 12:45 – 1:30pm, Meet in Common Area

Join us for a stroll around the Y grounds as we take in our beautiful Spring weather!

Volunteer Opportunity: Easter Egg Stuffing

Friday, March 27th, 11:00am - 12:00pm, Family Activity Center

Help us prepare for Easter by joining us as we stuff eggs for our Family Programs while enjoying the company of our Y friends.

Ravioli Making

Saturday, March 28th, 11:15am - 12:15pm, Daystar

Come join Jaylene as she teaches to make our own ravioli from scratch! Learn how pasta dough comes together as we knead, stretch, and cut to create fresh ravioli. **We need at least 5 participants and can accommodate no more than 10, so please be sure to make your reservations in the app to help us plan accordingly!**