



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

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

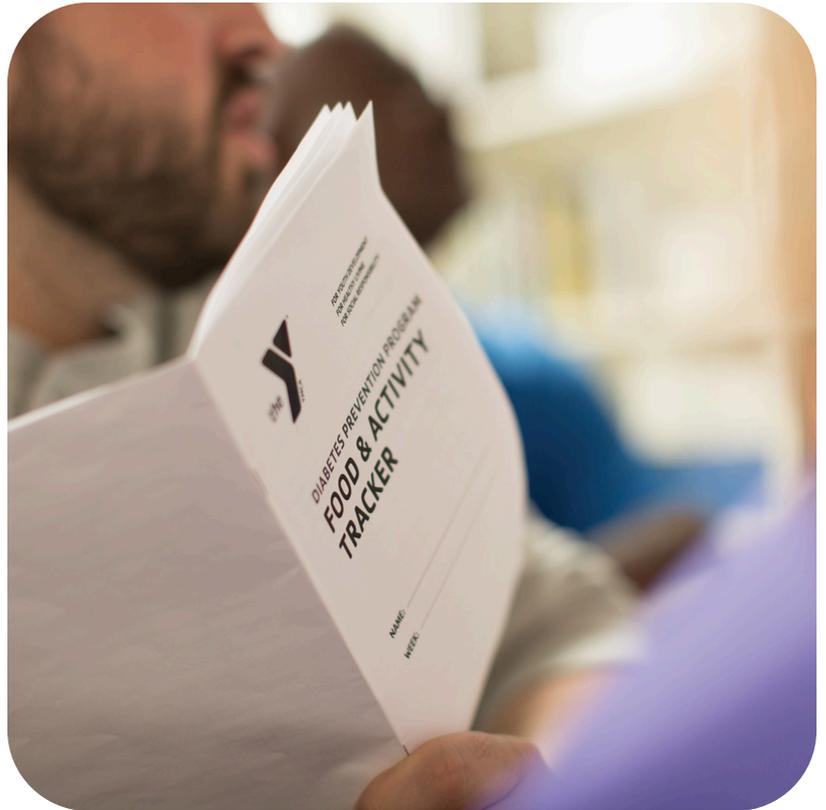
PROGRAM SPOTLIGHT

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.

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | 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.

GriefShare

Tuesdays until April 21st, 2:00-4:00pm, Conference Room.

For help and encouragement after the death of a spouse, child, family member, or friend. ***This supportive series of meetings is open to the community.*** Registration info: E-mail mychurchseniors@yahoo.com. (Y members: please register with the app as well.) Non-Y members must sign a waiver and obtain a Spectator Pass. Small fee for optional workbook. Join at any time during the series.

Bible Study

Every Friday, 12:00 - 1:00pm, Studio D

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. All denominations are welcome.

Lunch Bunch (first of two this month)

Monday, March 9th, 12:30 - 2:00pm, Meet at Mikata Buffet, 8720 Baymeadows Rd.

Enjoy food and fun with your fellow members! ***Participants will be responsible for paying for their own meal.***

Games and Gab

Tuesday, March 10th and 24th, 11:30am - 12:30pm, Studio D

Bring your own lunch/snack and get ready to play games! (Board games, card games, brain teasers, etc.) Socializing with a little friendly competition and mental stimulation!

Bocce Ball

Wednesday, March 11th, 11:45am - 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

ChatGPT Presentation

Thursday, March 12th, 11:15am - 12:30pm, Conference Room

Scams, suspicious downloads, and AI information. Bring your devices!

Volunteer Meeting

Thursday, March 12th, 2:15 - 3:15pm, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

BINGO!

Friday, March 13th, 12:00 - 12:30pm, Conference Room

Coffee and Conversation

Wednesday, March 18th, 11:30am - 12:30pm, Lobby

Coffee (also tea and cocoa!), homemade baked goods, and socializing! Our goal is to help foster new friendships and connections.

New Member Orientation

Wednesday, March 18th, 2:15 - 3:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

Lunch Bunch (second of two this month)

Monday, March 23rd, 12:30 - 2:00pm, Meet at Carrabba's, 8137 Point Meadows Way

Enjoy food and fun with your fellow members! ***Participants will be responsible for paying for their own meal.***

Book Club: Books@Brooks

Thursday, March 26th, 2:15 - 3:15pm, Studio D

Mr. Churchill's Secretary, by Elizabeth Nel. Reading the book is encouraged, but not required. 2026 Book List available upon request.

Arts and Crafts: Wearable Art

Friday, March 27th, 11:30am - 12:30pm, Conference Room

Bring a denim item of your own to personalize with fabric paints!

SAVE THE DATE: Tuesday, April 7th and 21st, 11:30am, Conference Room

Learn to play American Mah Jong! **Space will be limited, so reserve your spot using the app starting April 1st.**

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a prize the Senior of the Month Parking Spot! **Pick up your card at the Front Desk!**

PLEASE remember to swipe your membership card or scan in at the front desk **EVERY** day that you visit!
We depend on you!

Have suggestions, inspiration, or feedback?

Reach out to Sheri Nash, our Brooks Family YMCA Healthy Aging Coordinator!
Email: snash@fcymca.org