



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.

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | MARCH 2026

MARCH EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app by selecting Classes, and Filter by Healthy Aging Class Type or online at fcymca.org.

MAH JONG EVENTS

ALL-LEVEL MAH JONG (NO instructors present except at Mah Jong 101 - date(s) below)

Every Wednesday EXCEPT March 11th, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing

Come join us every Wednesday for Mahjong, whether you're a seasoned player or a beginner.

(Registration Class Name – Healthy Aging All Lvl Mahjong)

MAH JONG 101: LEARN TO PLAY MAHJONG (INSTRUCTOR PRESENT)

Wednesdays, March 4th and March 25th, 12:30 – 2:30pm, Horschel Center for Health & Wellbeing

If you're new to the game, come by on one of these days to learn from experienced instructors...then stay to play and practice your new skills. **(Registration Class Name – Healthy Aging Mahjong 101)**

CANASTA

Every Friday EXCEPT March 13th, 12:45 - 2:45pm, Horschel Center for Health & Wellbeing

Come join us! Whether you're a seasoned player or just starting out or want to learn to play, everyone is welcome.

(Registration Class Name – Healthy Aging Canasta)

MEDITATION

Thursday, March 5th, 12:45 - 1:45pm, Studio C

Take a pause from the noise and reconnect with yourself. Join our Meditation event and experience calm, clarity, and balance — one breath at a time

(Registration Class Name – Healthy Aging Mediation)

WOMEN'S BIBLE STUDY

Mondays, March 9th and 23rd, 12:30 - 1:30pm, Teen Center

Come connect, learn, and be encouraged at our Women's Bible Study. All denominations welcome.

(Registration Class Name - Healthy Aging Bible Study)

BOOK CLUB

Thursday, March 19th, 11:30am – 12:30pm, Horschel Center for Health & Wellbeing

Join us for a discussion of the book, "The Heaven and Earth Grocery Store" by James McBride. Even if you haven't had a chance to read the book, we'd still love for you to attend - come share your suggestions for next month's pick!

(Registration Class Name – Healthy Aging Book Club)

LUNCH BUNCH

Thursday, March 19th, 1:00 – 2:30pm, Aqua Grill, (395 Front Street, Ponte Vedra Beach)

Meet up to enjoy a yummy lunch together while socializing with your Y friends. ***Participants are responsible for paying for their own meals***

(Registration Class Name – Healthy Aging Lunch Bunch)

TECH 101: TECH HELP WITH DAVID

Thursday, March 26th, 10:30am - 12:00pm, in the Lobby

Need help with your devices? Bring your smartphone, Laptops, E-reader and your tech questions. David will be on hand to help with your technological needs. **(Registration Class Name – Healthy Aging Tech 101)**

ARTS AND CRAFTS: VISION BOARD

Thursday, March 26th, 12:45 - 2:45pm, Horschel Center for Health & Wellbeing

Join us to create a Vision Board that reflects your experiences, feelings, and goals for the year. Visualize what you want to improve, grow, and accomplish as you design a board that inspires you every day.

(Registration Class Name – Healthy Aging Arts and Crafts)