



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.

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | 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.

COFFEE AND CONVO

Wednesday, March 4th, 9:00 – 10:00am, Lobby

Join Kimberly for coffee and convo as we explore everything the Y has to offer—from the Y360 app to Enhanced Fitness, Recovery Rooms and so much more!

ARTS AND CRAFTS: Easter-Inspired Keepsake Jar

Thursday, March 5th, 12:30 - 2:30pm, Youth Center

Enjoy a fun and relaxing craft session as you design an Easter-inspired candle & keepsake jar—no experience needed!

SENIOR CHAIR VOLLEYBALL

Tuesday, March 10th, 12:45 - 1:45pm, Gymnasium

Stay active, laugh and have fun with friends! No experience needed, just bring your energy and enthusiasm!!

PARTY AND PLAY: BINGO and Birthdays

Tuesday, March 17th, 12:30 - 1:30pm, Studio B

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.

FIELD TRIP: Spotlight Center

Saturday, March 21st, 11:00am – 3:00pm, Spotlight Center Theater

Join us for a fun field trip to see The Prince of Egypt! Enjoy a lively performance and great company. Group rates: \$21 show only, \$33 with lunch. Seating at 11:00am, show at 12:00pm. **Payment to Spotlight confirms your spot.** See Kimberly or the AOA table for details.

ARTS AND CRAFTS: Paint with Jackie

Tuesday, March 24th, 12:30 - 2:30pm, Youth Center

Join us for a fun and relaxing class as Jackie guides you step-by-step in creating an adorable Easter Bunny Tea Towel - no experience needed!

SELF DEFENSE WITH CAROL

Wednesday, March 25th, 12:30 - 1:30pm, Youth Center

Self-Defense with Carol: Round 2 offers hands-on techniques to help you feel stronger, safer, and more confident in everyday situations. Learn simple, effective moves in a supportive environment.

ARTS AND CRAFTS: Bunny Wreath

Thursday, March 26th, 12:30 - 2:30pm, Youth Center

Enjoy a fun and relaxing craft session as you design an Easter-inspired bunny wreath—no experience needed!

GAME DAY: Bunko

Tuesday, March 31st, 12:30 - 1:30pm, Youth Center

Join us for a fun day of dice rolling, laughter and great company! No experience needed--Just come ready to play! Prizes, snacks and plenty of smiles included!

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center starting October 1st. Each time you visit the Y, get it punched! Enter drawing to win a Cool Prize this month!
More visits = More Punches

PICKLE BALL PLAY!

Monday, Wednesday,
& Friday
12:00 - 2:00pm
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Kimberly Sutton at ksutton@fcymca.org for more information!