



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.

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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.

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, March 2, 9:30 – 10:30 am, Healthy Living Center

All are welcome to attend.

BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays, March 4, 11, 18, and 25, 10:00 – 11:00 am, Healthy Living Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, March 4, 11, 18, and 25, 1:00 – 2:00pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

FOOD PANTRY WEDNESDAYS & FRIDAYS

Wednesdays, 3:00 – 5:00 pm / Fridays, 12:00 – 2:00pm, Food Pantry at the Johnson YMCA

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. **While supplies last. All are welcome to attend, no registration required.**

CROCHET CLASS

Mondays, March 9 and 16, 10:00 – 11:30am, Healthy Living Center

Whether you are just starting out or have been crocheting for years, this crochet class is for you!

SPRING FLING BINGO WITH BEVERLY!

Friday, March 20, 10:00am – 12:00pm, Pre-Teen Center

Nothing is better than bingo on the first day of Spring. So, get ready to daub those cards and yell "Bingo!" Meet new friends and have fun. All are welcome to attend.

MARCH MEMBER APPRECIATION: 19th CELEBRATE LIFE 5K & COMMUNITY RESOURCE FAIR

Saturday, March 21, 7:45am Warm-Up / 8:00am Race Start Time, Johnson Family YMCA

Our annual Celebrate Life 5K brings the community together for a day of fellowship, health fair, fun and the opportunity to get fit together. Join the free Community Resource Fair which runs concurrent with the race. The 5K allows us to serve our community in a safe and healthy way, while engaging the entire First Coast community to support our worthy cause.

Registration is \$25 per entry. Individual and team registration is open; please visit the Welcome Center to register. Race Packet Pick-Up will be 3/19 & 3/20 from 5:00pm – 7:00 pm.

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, March 23, 11:00am – 12:30pm, Healthy Living Center

Introducing "Conversations with Saundra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

MID-DAY MOVIE: COMING TO AMERICA

Tuesday, March 31, 11:00am – 1:30pm, Teen Center

Enjoy the movie Coming to America (1988). An extremely pampered African prince travels to Queens, New York and goes undercover to find a wife that he can respect for her intelligence and strong will. Rated R. Refreshments provided while they last.