



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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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.

Bible Study

Every Friday, 12:30 - 1:30pm, Community Center Room

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Coffee & Convo

Monday, March 2nd, 9:00 - 10:00am, Lobby

Come enjoy a great cup of coffee, light snack, and a good conversation.

Urban Soul Line Dancing

Friday, March 6th, 6:00 - 7:30pm, Studio A

Join in the fun and bring a friend for some line dancing fun!

Music & Memories

Tuesday, March 10th, 3:00 - 4:30pm, Community Center room

Take a trip down memory lane! Enjoy listening to music that shaped our lives while journaling your memories!

Field Trip

Wednesday, March 11th, 10:30am - 12:00pm

Meet at Ronald McDonald House (824 Childrens Way, Jacksonville, FL 32207)

Join the Crochet Club, who has made and donated over 100 baby items, to take a tour of the Ronald McDonald House.

Tech 101

Saturday, March 14th, 10:00 - 11:00am, Community Center Room

Come get your Y technology questions answered by our staff!

Game Day

Tuesday, March 17th, 3:00 - 4:30pm, Community Center Room

It's time for PING PONG! Also, enjoy a variety of different games. Bring your friends!

Lunch and Learn, sponsored by Conviva

Wednesday, March 18th, 12:00 - 1:00pm, Healthy Living Center

Come learn with Conviva! Topic TBD. **Lunch will be provided to all registrants.**

Book Club

Thursday, March 19th, 1:15 - 2:30pm, Community Center Room

Join us for a peer-led, healthy literary discussion. We are currently reading "Best Families" by Rex Stout.

Arts and Crafts: Spring Wreath

Thursday, March 19th, 3:00 - 4:30pm, Community Center Room

Come create a Spring wreath. All materials are provided! **Reservations are required to secure your spot!**

Presentation: Digital Knowledge

Friday, March 20th, 12:00 - 1:00pm, 2nd Floor Healthy Living Center

Join the Y and the Mandarin Library for an educational learning experience! Learn how to download digital library books. Ask questions and sign up for a library card!

Party and Play: BINGO & Birthdays!

Tuesday, March 24th, 3:15 - 5:00pm, Community Center Room

Fun, prizes, and more!!! If you have a March birthday, stop by to enjoy a sweet treat with your Y friends and family.

Don't forget your PUNCH!

Pick up your AOA Punch card at the Welcome Center and get it punched with each visit to the Y!

**More visits=
More chances to WIN!**

PICKLE BALL

Pickle Ball Play

Monday/Wednesday, 2:00-4:00pm

Tuesday/Thursday/Friday, 1:00 - 4:30pm

Sunday, 10:00am - 12:00pm

Beginner Instruction Friday, 11:00am - 12:00pm

Beginner Play Friday, 12:00 -1:00pm

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Alethea Endel at Aendel@Fcymca.org for more information!