



# INMOTION

**A NEWSLETTER FOR ACTIVE OLDER ADULTS**

**YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto: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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1426 | 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 [fcmca.org](http://fcmca.org).

### Crochet / Knitting Class

**Mondays in March, 1:30 – 3:30pm, Teaching Kitchen**

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

### Table Tennis (Ping Pong)

**Tuesday & Thursdays, 1:00 – 3:00 pm, Gymnasium** All skill levels welcome! **No registration required.**

### Party & Play: Birthdays and BINGO

**Tuesday, March 3<sup>rd</sup>, 10:00 – 11:00 am, Teaching Kitchen**

Come celebrate our fellow members with March birthdays...and enjoy some BINGO fun!

### Bible Study

**Friday, March 6<sup>th</sup>, 11:00am – 12:00pm, Teaching Kitchen**

Studying from Joyce Meyer's In Search Of Wisdom, Life Changing Truths From The Book Of Proverbs. Available on Amazon. Please bring your Bible and notebook as well. All denominations are welcome!

### Brunch & Learn

**Tuesday, March 10<sup>th</sup>, 10:00 – 11:00 am, Teaching Kitchen**

VyStar will present *Strategies for Debt Repayment & Budgeting Basics*. **Brunch will be provided to all registrants.**

### Brunch & Learn

**Tuesday, March 12<sup>th</sup>, 11:00am – 12:00pm, Teaching Kitchen**

Safety for Seniors with Jacksonville Sheriff's Office. **Brunch will be provided to all registrants.**

### Coffee & Convo

**Tuesday, March 17<sup>th</sup>, 10:00am – 12:00pm, Teaching Kitchen**

Coffee and Conversation. Come learn more about the Y and enjoy fellowshiping.

### Bowling

**Wednesday, March 18<sup>th</sup>, 12:30 – 2:30pm, Batt Family Fun Center (1838 Cassat Avenue)**

Join us for some bowling fun! \$14.99 gets you two games, shoes, hot dog, soda, & fries.

**\*Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!\***

### Day Trip & Picnic

**Thursday, March 19<sup>th</sup>, 10:00am – 3:00pm**

**Meet at Camp Immokalee (6765 Immokalee Rd, Keystone Heights)**

Horseback riding & picnic. (Picnic provided by the Y.) **There is a cost of \$50.00 per hour for riding. Register and pay at the Membership Desk for horseback riding (picnic is free of charge).**

### Book Club

**Tuesday, March 24<sup>th</sup>, 11:00am – 12:00pm, Teaching Kitchen**

This month's book is *Where Are The Children Now* by Mary Higgins Clark and Alafair Burke.

### Music & Memories

**Friday, March 20<sup>th</sup>, 10:00 – 11:00 am, Teaching Kitchen**

Join us for a trip down Memory Lane! Listen to music that shaped our lives and journal special memories! Journals provided.

### Painting

**Friday, March 27<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Come unleash your inner artist...no experience required!

### LUNCH BUNCH

**Tuesday, March 31<sup>st</sup>, 11:45am – 1:30pm**

**Meet at Johnny Angel's Diner (3546 St John's Bluff Rd in The Shoppes at East Point Landing)**

Join your Y friends for a fun lunch outing! **\*Participants are responsible to pay for their meal. One lucky member will have lunch paid for by the Y.\***