



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.

YMCA AT FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | MARCH 2026

MARCH EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our app and online at fcymca.org.

Mahjong Mondays

Every Monday, 12:30 - 3:00pm, Multi-Purpose Room

Calling Mahjong players! Whether you are a seasoned player or want to learn the game, this is for you.

Bible Study at the Y!

Wednesdays, March 4th & 18th, 1:30 - 3:00pm, Multi-Purpose Room

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All denominations are welcome. Currently studying the book of ACTS.

GriefShare

Thursdays in March, 1:30 - 3:30pm, Multi-Purpose Room

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week group, you will discover what to expect in the days ahead and what's "normal" in grief.

Book Club

Tuesday, March 10th, 1:00 - 2:00pm, Multi-Purpose Room

"Theo of Golden" by Allen Levi is our March read. This book is a beautifully crafted story about the power of creative generosity, the importance of wonder to a purposeful life, and the far-reaching possibilities of anonymous kindness.

Game Day at the Y!

Wednesday, March 11th, 1:30 - 2:30pm, Multi-Purpose Room

Come join other members who love to play board games, Rummikub, Dominos and other social games. Come ready to learn and laugh.

New Member Orientation

Friday, March 13th, 1:30 - 2:30pm, Multi-Purpose Room

Come learn about the different Recovery Solutions at the YMCA. These include the cyrolounge and hydromassage chairs. Learn how to earn free points to make purchases of YMCA swag and our free Y360 app you can use during times when you can't make your favorite class.

Dudes and Donuts!

Monday, March 16th, 9:00 - 10:00am, Parlor Doughnuts (630 E. Twincourt Trail)

Join our personal trainer Ceaser for a parlor donut...where the coffee's strong, the donuts are legendary, and the vibes are undefeated. Pull up hungry, leave legendary. Because life's too short for bad donuts. First six Donuts on us!

BINGO!

Wednesday, March 25th, 1:00 - 2:00pm, Multi-Purpose Room

Come yell your favorite word... BINGO! Win prizes while making friends...bring a smile and be ready to laugh! This month we will do Plant BINGO and have small plants as prizes! You won't want to miss it!

Lunch Bunch

Friday, March 27th, 12:30 - 2:00pm, Ford's Garage (550 Outlet Mall Blvd)

Join us for food and friends as we meet for lunch at Ford's Garage! Please make sure to reserve your spot in the app! ***Members will be responsible for paying for their own meals.***