



# 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.**

**YMCA AT NOCATEE | 400 Colonnade Drive | 904-671-9622 | MARCH 2026**

## **MARCH EVENTS AND ACTIVITIES**

**Events are offered at no cost and require reservations.**

**Reservations can be made in our app and online at [fcymca.org](http://fcymca.org).**

**Email Libby at [eblumberg@fcymca.org](mailto:eblumberg@fcymca.org) for questions or suggestions.**

### **Mahjong Meetup**

**Every Friday, 2:00 - 5:00pm, Teen Room \*NEW LOCATION**

Join fellow experienced players for a game that sharpens the mind and brings friends together.

### **Walking Club**

**Wednesdays, March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, 11:00 - 11:45am, Front of YMCA**

Join trainer and instructor Jen for a 45-minute walk. All ages welcome. You can even bring your dog!

### **Social: Puzzle Swap**

**Thursday, March 5<sup>th</sup>, 2:00 - 3:00pm, Teen Room**

Need a new puzzle? Bring a puzzle, take a puzzle, and socialize with other members!

### **Lunch Bunch**

**Monday, March 9<sup>th</sup>, 1:30 - 2:45pm, Cantina Louie (10870 US 1 North)**

Meet us at Cantina Louie for a fun lunch with Y friends!

**\*Participants will be responsible for paying for their own meals.\***

### **Game Day**

**Tuesday, March 10<sup>th</sup>, 2:00 - 3:30pm, Teen Room \*NEW LOCATION**

Join fellow members for the game Mexican Train (dominoes). Beginners welcome...this game is easy to learn and fun to play!

### **Presentation**

**Thursday, March 12<sup>th</sup>, 2:00-2:30pm, Teen Room \*NEW LOCATION**

Join staff for an informational session about the Y website, Y app, Y360, and our newest member offering...Recovery Solutions!

### **Coffee and Convo**

**Wednesday, March 25<sup>th</sup>, 9:30-10:30am, Seasons Café at the YMCA**

Enjoy lively conversation over coffee while making new friends!

**\*Participants will be responsible for paying for their own coffee and/or food items.\***

### **Book Club**

**Tuesday, March 31<sup>st</sup>, 3:30-4:30pm, Teen Room \*NEW LOCATION**

Join fellow book lovers for a meaningful discussion of this month's book, Circle of Days by Ken Follett.