



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 WILDLIGHT | 251 Breezeway Street, Suite 120 | 904-849-9622 | 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.

Walking Club

Saturdays, March 7th, 14th, 21st and 28th, 10:00 – 11:00am, Upstairs Walking Track

Lace up your walking shoes and join Mrs. Evelyn for an hour of walking and talking! It's a great way to get moving, enjoy good company, and start your weekend off right. On select Saturdays, the group also picks up trash to help keep our community clean, takes relaxing nature walks, and even strolls to the local farmer's market. Every week brings something a little different, come walk with us!

Coffee/Tea and Conversations

Tuesday, March 10th, 9:30 - 10:30am, Lobby

Stop by for a warm cup of coffee or tea and enjoy some friendly conversation! Share about your week, chat about upcoming plans, or simply relax and connect with others in a welcoming space. Feel free to bring along a small snack to enjoy. We look forward to spending time and chatting with you!

Arts & Crafts: St. Patrick's Day Craft!

Thursday, March 12th, 12:00 -12:45pm, Teen Center

Join us for a fun and festive St. Patrick's Day Craft! Get creative as we make a cheerful holiday-themed project full of shamrocks and lucky charm. All supplies are provided, just bring your creativity and holiday spirit!

Lunch Bunch

Wednesday, March 18th, 12:15 – 2:00pm, Bohemian Bull

Join us at Bohemian Bull for some delicious half-priced Burger's and great convo. **PLEASE be sure to reserve your spot in the app by Tuesday March 17th**, so we can get a reservation!

Participants will be responsible for paying for their own meals.

Music BINGO!

Thursdays, March 26th, 12:00 – 1:30pm, Healthy Living Center

Join us for Music BINGO with Mr. Chucke! Enjoy a fun twist on traditional bingo where your favorite songs replace the numbers. Food and door prizes will be provided, so come ready to eat, listen, and win!

Please be sure to sign up in advance so we can get an accurate food count. We look forward to seeing you there!

Tech 101

Tuesday, March 24th, 12:00 – 1:00pm, Teen Center

Technology can sometimes feel overwhelming, especially with how quickly things change. Bring your phone, laptop, or tablet, and we will walk you through any issues step-by-step. We're here to help make it simple and stress-free!

Chat & Chew

Tuesday, March 31st, 11:30am – 12:30pm, Teen Center

Come share your ideas about activities you would be interested in doing as a community, gardening, a book club, certain types of game days, creative workshops, and more. Your input helps shape the fun and future events. Feel free to bring your lunch, bring a friend, and join us for a casual hour of connection and community building. Light refreshments will be provided. We can't wait to see you there!