



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | April 2026

Blood Pressure Self-Monitoring at the YMCA

Did you know that high blood pressure often has no symptoms but can increase your risk for heart disease and stroke? The YMCA's Blood Pressure Self-Monitoring Program is designed to help you take control of your health with the support you need. Over the course of the program, you'll learn how to monitor your numbers, understand what affects your blood pressure, and make small lifestyle changes that can lead to lasting results. Reach out to myhealth@fcymca.org for more info!

Make a difference this May!

We're looking for volunteers for two exciting events happening this May.

- Team Smiles on May 8th, helping provide meaningful care and support to the community. Visit <https://fcymca.org/ironman-jacksonville-volunteer/> for more information
- IRONMAN Jacksonville on May 16th, a world-class triathlon that will welcome athletes from around the globe to swim, bike, and run through our city.

Volunteers are key to creating a positive, welcoming experience, come be part of something impactful and help bring these events to life!



IRONMAN
JACKSONVILLE



Scan the code to sign up for TeamSmiles



IT'S NEVER TOO LATE TO FEEL GREAT.

BAKER FAMILY YMCA | 136 West Lowder Street | 904.259.0898 | APRIL 2026

APRIL EVENTS AND ACTIVITIES

The Baker Y is coming back to life, and we are so excited to gather, celebrate, and create lasting memories together. Join us for these upcoming Active Older Adult events designed to connect, reflect and have fun!

Pickleball 101: Beginner Pickleball!

Tuesday, April 7th, 12:00 - 1:00pm, Keller School Gymnasium

Meet us at the gym! Play some pickleball and make some friends!

Arts and Crafts: AOA Craft Club

Tuesday, April 14th, 12:00 - 1:00pm, Keller School Gymnasium,

Create a spring wreath to take home or share with someone special. A hands-on, joyful activity full of color and creativity. Light snacks provided.

Healthy Kids Day

Saturday, April 18th, 9:00am - 12:00pm, Baker Pool and Field

Enjoy a morning of games, giveaways and fun! A FREE Community event! Free swim tests, Vendor Booths, Kona Ice, Frozen Scoops and more! **NO RESERVATIONS REQUIRED.**

Lunch and Learn

Tuesday, April 21st, 12:00 - 1:00pm, Keller School Gymnasium

Enjoy lunch on us and learn about our Adaptive Wellness programs and volunteer opportunities. Please email MLewis@fcymca.org or sign up on the app to reserve your spot!

Pickleball Play

Thursday, April 23rd, 12:30 - 2:00pm, Keller School Gymnasium

Enjoy some games of pickleball while meeting friends and enjoying the afternoon at the Y! Come try it!

Garden Club

Thursday, April 23rd, 12:30 - 1:00pm, Keller School Gymnasium

Decorate and make your own springtime birdhouse or make a seed Egg! Meet new friends, enjoy light snacks, and get creative!

Party and Play: Bingo, Board Games & Birthdays!

Tuesday, April 28th, 12:00 - 1:00pm, Keller School Gymnasium

Fun, prizes, and more!!! If you are celebrating a birthday in March, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

Don't forget your PUNCH!

Pick up your AOA Punchcard at your group ex classes. Each time you visit the Y and attend classes, get it punched.

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

**Reservations are required
for events (unless
otherwise noted) and can
be made in our app and
online at fcymca.org or
the FCYMCA App!**

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!