



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.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | APRIL 2026

APRIL 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.

REMINDER! Come play PICKLEBALL at the Y!

Senior Chair Volleyball

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita to have fun with your Y friends while getting in a great workout.

Coffee (and Tea!) and Convo

Thursday, April 2nd, 10:00 – 11:30am, Common Area

Come for the coffee and fellowship and meet Christy, your new Healthy Aging Coordinator.

Birthday Party: It's All About You!

Tuesday, April 7th, 1:00 – 2:00pm, Common Area

Come meet and celebrate your fellow April Birthday members

Walking Club: Sunshine Stroll

Thursday, April 9th, 12:45 – 1:30pm, meet in the Common Area

Join us for a stroll outside to enjoy the beautiful Spring sunshine with your Y friends!

Chat and Chew: Tasty Tuesday

Tuesday, April 14th, 1:00 - 2:00pm, Common Area

Bring a tasty tidbit to share and socialize; recipe cards to share your tasty treat.

Orientation: Intro to Machines

Wednesday, April 15th, 2:00 - 3:00pm, Wellness Floor

Come join Cholita for an Introduction to the machines on our Wellness Floor in a group setting. Whether you're a seasoned member or just joining us, this will be an informative session for all.

Book Club

Thursday, April 16th, 12:45 – 1:30pm, Meet in Common Area

Join our healthy, lively literary discussion and help choose our next read!

Dinner Out

Tuesday, April 21st, 4:30 – 6:00pm, Mr. Chubby's Wings

Join us for food and friendship! **Each participant will be responsible for paying for their own meal. Max of 20 people...be sure to reserve your spot in the app or online!**

Game Day: "Let the Games Begin" (including the NFL Draft!)

Thursday, April 23rd, 11:00am - 12:00pm, Family Activities Center (FAC)

Join the fun with table games – and don't hesitate to share your top picks for the draft!

Social: Thank You Thursday

Thursday, April 30th, 11:00am – 12:00pm, Common Area

Make some's day by sharing your favorite quote, motivational, and inspiring message...you never know the impact it will make a fellow member.