



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.

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | 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.

GriefShare

Tuesdays until April 21st, 2:00 - 4:00pm, Conference Room.

Find support after the death of a loved one. ***This supportive series of meetings is open to the community and can be joined at any time.*** Registration info: E-mail mychurchseniors@yahoo.com. (Y members: please register with the app as well.) Non-Y members must sign a waiver and obtain a Spectator Membership. Small fee for optional workbook.

Bible Study

Every Friday, 12:00 - 1:00pm, Studio D

Once a week reading of the Holy Bible, led by Vince Cangelosi. All denominations are welcome.

Lunch Bunch (first of two this month)

Monday, April 6th, 12:30 - 2:00pm, Meet at Jason's Deli in Tinseltown

Participants will be responsible for paying for their own meal.

MahJong

Tuesday, April 7th and 21st, 11:30am - 12:30pm, Conference Room

We're Learning how to play **American MahJong!** **Space will be VERY limited; reserve your spot using the app!**

Bocce Ball

Wednesday, April 8th, 11:45am - 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

Volunteer Meeting

Thursday, April 9th, 2:15 - 3:15pm, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

BINGO!

Friday, April 10th, 12:00 - 12:30pm, Conference Room

Games and Gab

Tuesday, April 14th, 11:30am - 12:30pm, Studio D

Bring your own lunch/snack and get ready to play games! Socialize while gaining mental stimulation!

Coffee and Convo

Wednesday, April 15th, 11:30am - 12:30pm, Lobby

Coffee (also tea and cocoa), homemade baked goods, and socializing! Find new friends and make connections.

New Member Orientation for Seniors

Wednesday, April 15th, 2:15 - 3:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

Lunch Bunch (second of two this month)

Monday, April 20th, 12:30 - 2:00pm, Meet at Newk's at 9047 Southside Blvd.

Participants will be responsible for paying for their own meal.

PICTIONARY (and LUNCH)!, sponsored by Millenium Physician Group

Tuesday, April 28th, 11:00am - 12:00pm, Conference Room

Draw your way into fun! **Lunch will be provided to all registrants.** Be sure to reserve your spot!

Book Club: Books@Brooks

Thursday, April 30th, 2:15 - 3:15pm, Studio D

The Forgotten Garden, by Kate Morton. Reading the book is encouraged but not required. 2026 Book List available.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a prize: The Senior of the Month Parking Spot. **Pick up your card at the Front Desk!**

PLEASE remember to swipe your membership card or scan in at the front desk **EVERY** day that you visit!
We depend on you!

Have suggestions, inspiration, or feedback?
Reach out to Sheri Nash, our Healthy Aging Coordinator!
Email: snash@fcymca.org