



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.

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | APRIL 2026

APRIL EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app by selecting Classes, and Filter by Healthy Aging Class Type or online at fcmca.org.

MAH JONG EVENTS

MAH JONG 101: LEARN TO PLAY MAHJONG (INSTRUCTOR PRESENT)

Wednesdays, April 8th and 22nd, 12:30 – 2:30pm, Horschel Center for Health & Wellbeing

If you're new to the game, come by on one of these days to learn from experienced instructors...then stay to play and practice your new skills.

(Registration Class Name – Healthy Aging Mahjong 101)

ALL-LEVEL MAH JONG (NO Instructors present except on Mah Jong 101 date(s)above)

Every Wednesday, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing

Come join us every Wednesday for Mahjong, whether you're a seasoned player or a beginner.

(Registration Class Name – Healthy Aging All Lvl Mahjong)

SKILLED MAH JONG PLAYERS (NO Instructors OR instructions)

Thursday, April 23rd, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing

Calling all Master Mah Jong players come and join us. There will be no instructor or instructions on these days. Please come ready to sit down and play.

(Registration Class Name – Healthy Aging Skilled Mahjong)

CANASTA

Every Friday, 12:45 - 2:45pm, Horschel Center for Health & Wellbeing

Come join us for Canasta. Whether you're a seasoned player, just starting out or want to learn to play, everyone is welcome.

(Registration Class Name – Healthy Aging Canasta)

TECH 101: TECH HELP WITH DAVID

Thursday, April 9th 10:30am - 12:00pm, in the Teen Center

Need help with your devices? Bring your smartphone, Laptops, E-reader and your tech questions. David will be on hand to help with your technological needs. **(Registration Class Name – Healthy Aging Tech 101)**

PICKLEBALL 101

Friday, April 10th, 11:00am - 12:00pm, Pickleball Courts

Register now for a FREE introduction to Pickleball for an informative and fun time playing. Paddles and balls will be provided.

Please register at www.courtreserve.com

WOMEN'S BIBLE STUDY

Mondays, April 13th and April 27th, 12:30 - 1:30pm, Teen Center

Come connect, learn, and be encouraged at our Ladies Bible Study. We'd love to have you join us!

(Registration Class Name - Healthy Aging Women Bible Study)

BOOK CLUB

Thursday, April 16th, 11:30am – 12:30pm, Horschel Center for Health & Wellbeing

Join us for a lively discussion of the Book, "The Reading List by Sara Nisha Adams". Even if you haven't had a chance to read the book, we'd still love you to join us- come share your suggestions for next month's pick! Come for the Books, Stay for the Community!

(Registration Class Name – Healthy Aging Book Club)

LUNCH BUNCH

Thursday, April 16th, 1:00 – 2:30pm, Meet for lunch at Palm Valley Outdoors Bar & Grill, 377 S Roscoe Blvd to enjoy a yummy lunch together while socializing with friends or maybe even make a few new ones. *Participants are

responsible for paying for their own meals*

(Registration Class Name – Healthy Aging Lunch Bunch)