



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.

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | 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.

LUNCH & LEARN: Build-Your-Own Healthy Lunch Bowls

Thursday, April 2nd, 12:30 – 1:30pm, Youth Center

Join Better Health Group for a quick and practical meal prep class! Learn how to build a balanced, customizable lunch bowl with protein, healthy carbs, veggies, and fats—perfect for easy, nutritious meals all week.

ARTS AND CRAFTS: Easter-Inspired Keepsake Jar

Friday, April 3rd, 12:30 - 2:30pm, Studio B

Enjoy a fun and relaxing craft session as you design an Easter-inspired keepsake jar - no experience needed!

SENIOR CHAIR VOLLEYBALL

Tuesdays, April 7th, 12:45 - 1:45pm, Gymnasium

Stay active, laugh and have fun with friends! No experience needed---just bring your energy and enthusiasm!

COFFEE AND CONVO

Thursday, April 9th, 9:30 – 10:30am, Lobby

Join Kimberly for coffee and discussion about upcoming AOA activities, AOA Committee... and more!

PARTY AND PLAY: BINGO and Birthdays

Wednesday, April 15th, 12:15 - 1:15pm, Youth Center

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

ARTS AND CRAFTS: Build a Bouquet

Friday, April 17th, 12:00 - 1:00pm, Youth Center

Join us in creating your very own bouquet!

GAME DAY: Bunko

Tuesday, April 21st, 12:30 - 2:30pm, Youth Center

Join us for a fun afternoon of dice rolling, laughter, and great company! No experience needed—just come ready to play, socialize, and enjoy some lighthearted competition. Prizes, snacks, and plenty of smiles included!

ARTS AND CRAFTS: Paint with Jackie

Thursday, April 23rd, 12:30 - 2:30pm, Youth Center

Join us for a creative and relaxing class as Jackie guides you step-by-step in creating a beautiful painting on canvas. No experience necessary—just bring your creativity and enjoy a fun, inspiring time painting and unwinding!

SENIOR CHAIR VOLLEYBALL

Tuesday, April 28th, 12:45 - 2:45pm, Gymnasium

Stay active, laugh and have fun with friends! No experience needed---just bring your energy and enthusiasm!

CARDIO CHALLENGE

Thursday, April 30th, 12:30 - 1:15pm, Wellness Floor

Join our fun 45-minute cardio challenge designed to get you moving, boost your energy, and keep your heart healthy!

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center starting November 1st. Each time you visit the Y, get it punched! Enter drawing to win a cool prize this month!

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

PICKLE BALL PLAY!

Mondays, Wednesdays,
& Fridays
12:00 - 2:00pm
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Kimberly Sutton at ksutton@fcymca.org for more information!