



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.

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | MARCH 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.

BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays, April 1, 8, 15, 22 and 29, 10:00 – 11:00am, Healthy Living Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, April 1, 8, 15, 22 and 29, 1:00 – 2:00pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, April 6, 9:30 – 10:30 am, Healthy Living Center

All are welcome to attend.

FOOD PANTRY WEDNESDAYS & FRIDAYS

Wednesdays, 3:00 – 5:00pm AND Fridays, 12:00 – 2:00pm, Food Pantry at the Johnson YMCA

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. **While supplies last. All welcome to attend, no registration required. No Food Pantry on 4/22.**

CROCHET CLUB

Monday, April 13 and 20, 10:00 – 11:30am, Healthy Living Center

Whether you are just starting out crocheting or you have been crocheting for years, this is for you!

PICTIONARY, sponsored by MILLENIUM PHYSICIAN GROUP

Monday, April 20, 11:00am – 12:00pm, Teen Center

Join the Y and Millenium Physician Group for a fun game of Pictionary!

APRIL MEMBER APPRECIATION: EARTH DAY COOK-OUT

Wednesday, April 22, 3:00 – 5:00pm, Outdoor Gazebo

Join us as we celebrate April's birthdays and recognitions with an outdoor cook-out, music, and campus clean-up for Earth Day. Come grab a broom or a garbage bag...and hot dog! While supplies last.

BINGO WITH BEVERLY!

Friday, April 24, 10:00am – 12:00pm, Pre-Teen Center

Nothing is better than bingo on the first day of Spring. So, get ready to daub those cards and yell "Bingo!" Meet new friends and have fun. All are welcome to attend.

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, April 27, 11:00am – 12:30pm, Healthy Living Center

Introducing "Conversations with Saundra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

MID-DAY MOVIE: COMING 2 AMERICA

Tuesday, April 28, 11:00am – 1:30pm, Teen Center

Enjoy the movie, Coming 2 America (2021). Coming 2 America is a 2021 American romantic comedy film that serves as a sequel to the 1988 film Coming to America starring Eddie Murphy. Rated PG-13. Refreshments provided while they last.