



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.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | APRIL 2026

APRIL EVENTS AND ACTIVITIES

Events are free for members and require reservations (unless otherwise noted). Reservations can be made in our app and online at fcymca.org.

Tech 101: All Things FCYMCA

Tuesday, April 7th, 10:30 – 11:30am, Lobby

Technology can be tricky, but we can help! Bring your phone and we can help you set up the FCYMCA app. We can walk you through some of the features the app has to offer, such as checking your Perkiwille points, booking your favorite group class, Y360 (on-demand classes and learning), and receiving alerts.

Game Day: Board & Card Games

Wednesdays, April 8th and April 22nd, 3:00 – 4:30pm, KidZone

Bring your favorite board or card games to provide mental stimulation and friendly competition! A variety of games will also be provided by the Y.

Crochet Club

Thursday, April 9th & April 23rd, 10:30am – 12:30pm, Conference Room

A beginner-friendly crochet class where participants learn the basics: how to hold a hook and yarn, basic stitches, and how to read simple patterns. Great for anyone who's never crocheted before, or for those who want to build confidence and their skills. Join us in the Conference Room (located behind the Gymnasium).

Walking Club: A Walk in the Park

Friday, April 10th, 10:00 – 11:00am, Amelia Park (meet on the Y Porch)

Meet new people or bring a friend, enjoy intentional time in the outdoors, and support mental wellbeing together. Meet outside on the YMCA porch. Weather permitting.

Arts and Crafts: Make a Pollinator Station

Wednesday, April 15th, 12:30 – 1:30pm, Studio B

Attract pollinators to your yard. Support beautiful spring blooms and have some fun making a station together.

8 spots available, so be sure to make your reservation!

Pickleball 101

Thursday, April 16th, 9:00 – 10:00am, Gymnasium

An introductory pickleball session designed for first-time players. You'll learn the fundamentals: how to serve, score, move on the court, and basic game rules. Equipment is usually provided, and no prior experience is required. **12 spots available, so be sure to make your reservation!**

Presentation: Identity Theft Prevention Seminar

Friday, April 17th, 12:30 – 1:30pm, Studio B

Learn how to protect yourself from identity theft. Seminar provided by an expert from Vystar. **Please be sure to reserve your spot in our app!**

Coffee and Convo: Cultivating Gratitude

Wednesday, April 22nd, 10:00 – 11:00am, Conference Room

How can we bring more positive vibes into our life? Let's talk about what makes us feel grateful, the benefits of expressing gratitude, and how to use a gratitude journal. Join us in the Conference Room (located behind the Gymnasium).