



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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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.

Bible Study

Every Friday, 12:30 - 1:30pm, Community Center Room

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Urban Soul Line Dancing

Friday, April 3rd, 6:00 – 7:30pm, Studio A

Join in the fun & bring a friend for some line dancing fun! Dress in your favorite baseball team jersey or colors!

Coffee & Convo

Monday, April 6th, 9:00 – 10:00am, Lobby

Come enjoy a great cup of coffee, light snack and a good conversation.

Music & Memories

Tuesday, April 14th, 3:00 – 4:30pm, Community Center room

Join us for a trip down memory lane! Enjoy listening to music that shaped our lives and journaling memories!

Conviva Lunch & Learn

Wednesday, April 15th, 12:00 - 1:00pm. Healthy Living Center

Join us for lunch as we talk about Healthy Aging topics and have some fun! Must reserve your spot on the App!

Book Club

Thursday April 16th, 1:15 - 2:30pm, Community Center room

Join us for a peer led, healthy literary discussion. We are currently reading "Best Families" by Rex Stout.

Arts and Crafts

Thursday, April 16th, 3:00 – 4:30pm, Community Center room

Staff led and loads of fun!

Game Day

Tuesday, April 21st 3:00 – 4:30pm, Community Center room

It's time for PING PONG! Also, enjoy a variety of different games. Bring your friends!

Crochet Club

Thursday. April 23rd, 3:00 - 4:30pm, Community Center

Come and enjoy crocheting...and even learn how to crochet! We will be making various items to donate to other nonprofit organizations.

Potluck: Spring Luncheon and Celebration

Friday April 24th, 11:30am - 1:00pm, Gymnasium

Join us for an afternoon of Friends, Food and FUN!! Sign up at the Welcome Center to bring your favorite dish and even be part of the Talent Show! (Main Meat and Sides are Catered)

Party and Play: Bingo & Birthdays!

Thursday, April 30th, 3:15 – 5:00pm, Community Center Room

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

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center, each time you visit the Y, get it punched at the Welcome Center.

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

PICKLE BALL

Pickle Ball Play

Mondays / Wednesdays, 2:00 – 4:30pm
Tuesdays / Thursdays / Fridays, 1:00 – 4:00pm
Thursdays, 8:00 - 10:30am
Sundays, 10:00am – 12:00pm
Beg Instruction Fri. 11:00am – 12:00pm
Beginner Play Fridays, 12:00 – 1:00pm

Want to Volunteer or be a part of the AOA Committee?

Email Healthy Aging Coordinator Alethea Endel at AEndel@FCYMCA.org