



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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1426 | 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.

Crochet / Knitting Class

Mondays in April, 1:30 – 3:30pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested, we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

Table Tennis (Ping Pong)

Tuesday & Thursdays, 1:00 – 3:00pm, Gymnasium All skill levels welcome! No registration required.

Day Trip: Fish-A-Thon

Friday, April 3rd, 10:00am – 3:00pm, Kathryn Abbey Hanna Park (500 Wonderwood Drive)

FREE event hosted by the City of Jacksonville! Sign up in the app or online if you will drive yourself. **If you need transportation, reserve your spot in the app AND sign up at the Welcome Desk - COJ will have a bus pick up at the Y at 8:45am.** Must be at least 60 years young to attend.

Party & Play: Birthdays and BINGO

Tuesday, April 7th, 10:00 – 11:00am, Teaching Kitchen

Come celebrate our fellow members with April birthdays...and enjoy some BINGO fun!

Bible Study

Friday, April 10th, 10:00 – 11:00am, Teaching Kitchen

Studying from **Joyce Meyer's In Search Of Wisdom, Life Changing Truths From The Book Of Proverbs**. Available on Amazon. Please bring your Bible and Notebook as well. All denominations are welcome!

Coffee & Convo

Tuesday, April 14th, 10:00am – 12:00pm, Teaching Kitchen

Coffee and Conversation. Come learn more about the Y and enjoy fellowshiping.

Bowling

Wednesday, April 15th, 12:00 – 1:30pm, Batt Family Fun Center (1838 Cassat Avenue)

Join us for some bowling fun & healthy competition. \$14.99 gets you 2 full games on private lanes. Lunch & Shoes **not** included. ***Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!***

Music & Memories

Friday, April 17th, 10:00 – 11:00am, Teaching Kitchen

Join us for a trip down Memory Lane! Listen to music that shaped our lives and journal special memories! Journals provided.

Brunch & Learn

Tuesday, April 21st, 10:00 – 11:00am, Teaching Kitchen

Estate Planning with VyStar. **Brunch provided to all registrants (registration required).**

Lunch Bunch

Tuesday, April 23rd, 11:45am – 1:30pm, 1928 Cubin Bistro (501 Riverside Ave)

***Participants are responsible to pay for their meal. One member will have lunch paid fo by the Y ***

Painting

Friday, April 24th, 10:00 – 11:00am, Teaching Kitchen

Come unleash your inner artist....no experience required!

Book Club

Tuesday, April 28th, 11:00am – 12:00pm, Teaching Kitchen

This month's book is The Banned Books Club by Brenda Novak.