



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.

YMCA AT BAPTIST NORTH | 11236 BAPTIST HEALTH DRIVE | 904.592.9622 | **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.

ARTS AND CRAFTS: SPRING WREATH MAKING CLASS

Wednesday, April 1st, 12:30 - 2:30pm, Studio A

Come and join the fun as we make spring themed wreaths. Bring a snack to share!

TECH TALK

Thursday, April 2nd, 10:00 - 10:45am, Wellness Center

Come get answers about the Y App! And how to sign up to become a volunteer and so much more.

VOLUNTEERING: SUPPORT OUR EASTER EGG HUNT

Friday, April 3rd, 9:30 - 10:30am, BAPTIST NORTH CAMPUS

We are asking our active older adult members to volunteer to hide eggs for our annual Easter Egg Hunt, along with setting up the craft station and assisting with helping with refreshments for our youngest members and their parents.

BOOK CLUB

WEDNESDAY, April 8th, 12:30 - 2:30pm, STUDIO A

Join us for the discussion of the book, The Bee Sting by Paul Murray.

GAME DAY: BOARD GAMES

Monday, April 13th, 1:00 - 2:30pm, Studio B

Join us for an afternoon of friendly competition! Cards, board games, and more!

BOWLING

Wednesday, April 15th, 12:30 - 2:30pm, Batt Family Fun Center (1838 Cassat Ave)

Get out and knock over some pins with our fellow members from Winston for friendly competition. Get two games, shoes, a hotdog, fries, and soda for \$14.99.

***Registration in the app is required. Payment can be made directly at the Fun Center.**

WALKING CLUB

Wednesday, April 22nd, 12:00 - 1:00pm, Baptist North Healthy Living Trail

To celebrate Earth Day, enjoy a nature scavenger hunt with a friend as you walk our Healthy Living Trail. Three laps equal one mile.

PARTY AND PLAY: BINGO AND BIRTHDAYS

Wednesday, April 29th, 12:30 - 2:30pm, Studio A

Join us for an afternoon shouting your favorite word...BINGO. At the same time, let's celebrate the April birthdays of our fellow members!!