



# INMOTION

**A NEWSLETTER FOR ACTIVE OLDER ADULTS**

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto: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](mailto: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 FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | APRIL 2026**

## APRIL EVENTS AND ACTIVITIES

**Events are offered at no cost but require reservations (unless otherwise noted). Reservations can be made in our app and online at [fcymca.org](http://fcymca.org).**

### Mahjong Mondays

**Every Monday, 12:30 - 3:00pm, Multi-Purpose Room**

Calling Mahjong players! Whether you are a seasoned player or want to learn the game, this is for you.

### Bible Study at the Y!

**Wednesdays, April 1<sup>st</sup>, 15<sup>th</sup>, and 29<sup>th</sup>, 1:30 - 3:00pm, Multi-Purpose Room**

Our fellow members and volunteers, Alen Felumlee and David Greer, will be leading our community in faith-based studies. All denominations are welcome. Currently studying the book of ACTS.

### GriefShare

**Thursdays, April 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 1:30 - 3:30pm, Multi-Purpose Room**

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this group, you will discover what to expect in the days ahead and what's "normal" in grief.

### Recipe Swap

**Friday, April 3<sup>rd</sup>, 1:30 - 2:30pm, Multi-Purpose Room**

Join us as we share our favorite recipes with each other. Bring a sample of what you enjoy eating that works for one - two people. Maybe even bring in your favorite cookbook!

### Travel Club

**Wednesday April 8<sup>th</sup> 1:30 - 2:30pm, Multi-Purpose Room**

Do you enjoy traveling? Come together with your travel photos and your knowledge of travel to inspire others. We will chat about best places to travel, as well as recommendations on best travel modes...and more!

### Book Club

**Tuesday, April 14<sup>th</sup>, 1:00 - 2:00pm, Multi-Purpose Room**

Sold on a Monday: A True Story of Heartbreak and Resilience by Kristina M. Morris. This New York Times bestseller is an unforgettable book-club phenomenon, inspired by a stunning piece of Depression-era history.

### Garden Club: Spring Gardening Tips & Tricks

**Friday, April 17<sup>th</sup>, 1:30 - 2:30pm, Multi-Purpose Room**

Join our very own Master Gardner Christine Martin for a presentation about how to care for Spring & Summer landscape areas, as well as discussion on ways to save money and use the Right Plant Right Place Principle.

### BINGO!

**Wednesday, April 22<sup>nd</sup>, 1:00 - 2:00pm, Multi-Purpose Room**

Join as you yell your favorite word... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh!

### Lunch Bunch: Al Dente's Ristorante Italiano

**Friday, April 24<sup>th</sup>, 12:30 - 2:00pm, meet at Al Dente's Restaurant (90 Shops Blvd, St. Johns, next door to Sprouts)**

Join us for food and friends! Please make sure to reserve your spot in the app! **\*Members will be responsible for paying for their own meals.\***