



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 NOCATEE | 400 COLONNADE DR | 904-671-9622 | APRIL 2026

APRIL EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations.

Reservations can be made in our app and online at fcymca.org.

Email Libby at ebloomberg@fcymca.org for questions or suggestions.

Mahjong Meetup

Every Friday, 2:00 - 5:00pm, Teen Center

Join fellow experienced players for a game that sharpens the mind and brings friends together.

Walking Club

Wednesdays, April 1st, 8th, 15th, 22nd, and 29th, 11:00-11:45am, Front of YMCA

Join trainer and instructor Jen for a 45-minute walk. All ages welcome. You can bring your dog!

Pop-Up Fitness Class: AOA Circuit

Tuesday, April 7th, 10:45 - 11:30am, Airnasium

Join instructor Carolina for total body circuit interval training for active older adults.

Mindful Meditation

Fridays, April 10th, 17th, and 24th, 1:15 - 1:45pm, Studio A

Join Libby for a brief meditation designed to promote relaxation, mindfulness, and breath control.

Lunch Bunch

Monday, April 13th, 1:30 - 2:45pm, South Kitchen (150 Pine Lake Drive, Unit A)

Meet us at South Kitchen for a fun lunch with Y friends! ***Participants will be responsible for paying for their own meals.***

Game Day: Mexican Train

Tuesday, April 21st, 2:00 - 3:30pm, Teen Center

Join fellow members for the game, Mexican Train. Beginners welcome...easy to learn.

Coffee and Convo

Wednesday, April 29th, 9:30 - 10:30am, Lobby of the YMCA

Enjoy lively conversation over coffee while making new friends! ***Participants will be responsible for paying for their own coffee/food items.***

Book Club

Tuesday, April 28th, 3:30 - 4:30pm, Teen Center

Join fellow book lovers for a discussion of this month's book, Raising the Bar by Frank H. Choi.

Lunch and Learn: Healthy and Wealthy Aging, presented by Mercer Advisors

Thursday, April 30th, 11:00am - 12:00pm, Room 130 (Baptist Healthy Living Center)

Join our sponsor, Mercer Advisors, to learn about balancing a healthy lifestyle with savvy long term investment strategies. **Lunch will be provided to all registrants**...be sure to reserve your spot in the app!