



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 WILDLIGHT | 251 Breezeway Street, Suite 120 | 904-849-9622 | 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.

Walking Club

Saturdays, April 4th, 11th, 18th and 25th, 9:00 – 10:00am, Upstairs Walking Track

Lace up your walking shoes and join Mrs. Evelyn for an hour of walking and talking! It's a great way to get moving, enjoy good company, and start your weekend off right. On select Saturdays, the group also picks up trash to help keep our community clean, takes relaxing nature walks, and even strolls to the local farmer's market. Every week brings something a little different, come walk with us!

BINGO!

Thursdays, April 2nd, 12:00 – 1:00pm, Teen Center

Who doesn't love the classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **Please feel free to bring yourself some lunch or a snack to enjoy while playing.**

Puzzles

Tuesday, April 7th, 12:15 – 1:15pm, Lobby

Stop by for some good ole conversation and puzzle building as we chitchat about your week or upcoming plans! **Please feel free to bring yourself some lunch or a snack to enjoy.**

Men's Social: Biscuits with Buddies

Tuesday, April 14th, 10:30 - 11:30am, Teen Center

Join Mr. Chucke for Biscuits with Buddies! Calling all men to come enjoy sausage or chicken biscuits, along with coffee, water, or tea, and great conversation in a relaxed and friendly setting. It's a time where dudes can talk about sports, hobbies, life experiences, and whatever else comes up while connecting with others. Stop by, grab a biscuit, and enjoy the camaraderie!

MahJong

Friday, April 17th, 11:45am - 12:45pm, Teen Center

Join us for a fun game of MahJong! We currently have four boards available, with space for up to four players per board. If anyone has an extra MahJong board they'd like to bring along or donate, it would be greatly appreciated. We are also working on getting more boards so that even more people can enjoy playing in the future. We hope to see you there!

Tech 101

Thursday, April 23rd, 12:00 – 1:00pm, Teen Center

Technology can sometimes feel overwhelming, especially with how quickly things change. Bring your phone, laptop, or tablet, and we will walk you through any issues step-by-step. We're here to help make it simple and stress-free!

Lunch Bunch

Thursday, April 30th, 12:15 – 2:00pm, DeCicco's Pizzeria

Join us at DeCicco's Pizzeria in the Wildlight Publix Shopping Center for some delicious pizza and great conversation! **PLEASE be sure to reserve your spot in the app by Tuesday, April 14th.** If our group is big, we can take our lunch to the picnic tables at Nassau Crossings. ***Participants will be responsible for paying for their own meals.***