



IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | FEBRUARY 2025

FEBRUARY 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.

REMINDER! Come play PICKLEBALL at the Y!

Join us every Tuesday and Thursday from 10:30am – 12:30pm and Monday evenings from 6:00 – 8:00pm in the Gymnasium!

Senior Chair Volleyball

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita to have fun with your Y friends while getting in a great workout!

Treadmill Walking Club

Wednesday, February 12th, 2:00 - 2:45pm Wellness Floor

Join Cholita for an enjoyable stroll on the treadmills.

Game Day

Monday, February 10th, 11:45am – 12:45pm Family Activities Center

Come gather to play a variety of board games to include Checkers, Rummikub, Left Right Center, Mexican Train, and Yahtzee.

Lunch and Learn

Thursday, February 13th, 12:30 – 1:30pm, Family Activities Center

Join **us for a learning session...**Vibrantly Aging with VIP Better Care Health Group. Lunch will be provided to all registered participants. Be sure to reserve your spot in our app or online!

Color Me Calm

Monday, February 17th, 11:45am – 12:45pm, Common Area

Come relax and color while enjoying fellowship and fun.

Dinner Out: Corky Bells

Tuesday, February 18th, 4:30 – 6:00pm, Corky Bells

Come and enjoy food and fellowship with your Y Family. Please use the app to reserve your spot.

Participants will be responsible for paying for their own meals.

Book Club

Thursday, February 20th, 10:00 – 11:00am, Common Area

Join us for a morning of discussion and picking out next month's book.

Spanish Club

Friday, February 28th, 12:30 – 1:30pm, Family Activities Center

Master the Spanish language on the last Friday of every month with Layla.

Trivia

Monday, February 24th, 11:45am – 12:45pm, Family Activities Center

Enjoy an hour of trivia to include questions about movies, music, and entertainment.