



IT'S NEVER TOO LATE TO FEEL GREAT.

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | 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.**

Bible Study

Every Friday, 11:45am - 12:45pm, Studio D

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. All denominations are welcome.

GriefShare

Every Tuesday (until April 8), 2:00 – 4:00pm, Conference Room

For help and encouragement after the death of a spouse, child, family member, or friend. This supportive series of meetings is open to the community. **Registration info:** mychurchseniors@yahoo.com. (Y members: please register with the app as well.) Non-Y members must sign a waiver. Small fee for optional workbook. Join at any time during the series.

Meeting: Volunteers

Thursday, February 6th, 2:15 – 3:15pm, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

Bocce Ball

Wednesday, February 12th, 11:45am - 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

Board Games

Wednesday, February 12th, 2:15 – 3:15pm, Studio D

Get ready for some fun! Many games are available! Meet new friends in a relaxing atmosphere. All supplies provided, or bring your own.

Game Day: Active Games

Wednesday, February 12th, 3:15 – 4:15pm, Conference Room

Ladder Toss, Electronic Darts, and Safety Axe Throwing!

Social: Valentine's Day Meet and Greet

Friday, February 14th, 11:00am – 12:00pm, Conference Room

Coffee, snacks, and socializing! Please email snash@fcymca.org if you would like to bring a snack. Valentine-themed attire encouraged!

BINGO!

Friday, February 14th, 12:00 – 1:00pm, Conference Room

Sponsored by **David Palmeri**, Independent Insurance Agent. Publix gift card prizes!

Lunch Bunch

Monday, February 17th, 12:30 - 2:00pm

Meet at **P.F. Chang's, Town Center** for food, friendship, and fun! ***Participants will be responsible for paying for their own meal.***

New Member Orientation for Seniors

Wednesday, February 19th, 2:15 – 3:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

Social: Crochet'n'Craft Crew

Monday, February 24th, 2:15 – 3:15pm, Conference Room

Bring your projects and socialize! Help is available for beginners' crochet challenges. And you're not limited to crochet! Bring your current project, whatever it may be - needlepoint, embroidery, knitting, etc., and have a great time conversing with friends and learning a new skill!

Book Club: Books@Brooks

Thursday, February 27th, 2:15 – 3:15pm, Studio D

James: A Novel, by Percival Everett. Reading the book is encouraged, but not required. The Book Selection List will be made available to all who would like to see it.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a \$50 Publix gift card!

Pick up your card at the Welcome Center today!

Have suggestions, inspiration, or feedback?

Reach out to Sheri Nash, our Brooks Family YMCA Healthy Aging Coordinator!

Email: snash@fcymca.org

Phone: 904.902.7973