



IT'S NEVER TOO LATE TO FEEL GREAT.

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | FEBRUARY 2025

FEBRUARY EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app or online at fcymca.org. Search by selecting Classes, and then Filter by Healthy Aging class type.

MAH JONG

Wednesdays, 12:30 - 2:30pm, Healthy Living Center

Join us every Wednesday to learn and love to play Mah Jong – no experience necessary!

ARTS AND CRAFTS: SULZBACHER VALENTINE'S CARD MAKING FOR HOMELESS CHILDREN

Thursday, February 6th, 1:00 – 3:00pm, Healthy Living Center

Join us in making Valentine's Day cards for the homeless children at Sulzbacher Village. We'll supply the materials - you bring your creativity. Let's craft something special and brighten their day!

50 & BETTER PAINTING

Friday, February 7th, 1:00 - 3:30pm, Healthy Living Center

Join us for an afternoon of painting fun. We will provide lunch and the supplies you need along with step-by-step instructions. You are sure to leave with a masterpiece you can cherish forever.

**** Registration and payment can be made at the Welcome Center. Cost: \$30/member OR \$45/non-member**

BOOK CLUB

Wednesday, February 12th, 11:00 – 12:00pm, Healthy Living Center

Calling all readers, join us to discuss the book, "Educated" by Tara Westover. We will also choose books for the next couple of months. If you have not read the book for this meeting, come and give us your suggestions for the next books to read. Come for the books, stay for the community!

SPECIAL EVENT: FUN WITH DRUMMING

Friday, February 14th and February 28th, 1:00 - 2:00pm, Healthy Living Center

Join us for a Drum Circle to share rhythm and help improve your health and happiness. Emile Aucello will lead and guide us through using the drums.

Please bring your own drum; we will have a few extra.

LUNCH BUNCH

Thursday, February 20th, 1:00 – 3:00pm, V Pizza

Meet for lunch at V Pizza, 154 Canal Blvd, Ponte Vedra Beach to enjoy a yummy lunch while socializing with your fellow members. **Participants are responsible for paying for their own meals**

COLOR ME CALM

Friday, February 21st, 1:00 - 2:00pm, Healthy Living Center

Connect with friends and relax and be creative. Coloring is a great way to reduce stress and improve your mood.