



IT'S NEVER TOO LATE TO FEEL GREAT.

DYE CLAY FAMILY YMCA | 3322 MOODY AVENUE | 904.272.4304 | 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.

COFFEE AND CONVO

Wednesday, February 5th, 11:45am - 12:30pm, Youth Center

Join Healthy Aging Coordinator Jenny for coffee and pastries, along with open discussion about upcoming AOA activities, AOA Committee...and get to know your new Healthy Aging Coordinator!

COOKING DEMO with FEEDING NORTHEAST FLORIDA

Wednesday, February 12th, 12:30 - 1:30pm, Youth Center

Join the fun of learning new, healthy recipes with representative from Feeding Northeast Florida. Small sample portions from the demonstration will be provided to participants.

LUNCH and LEARN: HEALTHY AGING PRESENTATION with CONVIVA

Tuesday, February 18th, 11:15am - 12:15pm, Youth Center

Join us for a presentation on Healthy Aging, sponsored by Conviva. Lunch will be provided to all participants.

BOOK CLUB

Tuesday, February 18th, 11:00am - 12:00pm, Youth Center

Our group will meet to discuss books and activities. Join us for a peer-led, healthy literary discussion. Lite snacks provided.

ARTS AND CRAFTS

Wednesday, February 19th, 12:00 - 1:00pm, Youth Center

Join us monthly in creating a new craft! Peer-led and loads of fun!

MOVIE TIME: Breakfast at Tiffany's

Friday, February 21st, 11:30am - 1:00pm, Studio B

Relax and enjoy the company of friends...and a good movie!

PARTY AND PLAY: BINGO & BIRTHDAYS!

Thursday, February 27th, 12:15pm - 1:30pm, Youth Center

Fun, prizes, and more!!! If you are celebrating a birthday in February, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

GARDEN CLUB

Friday, February 28th, 11:30am - 12:30pm, Youth Center

A great meeting for planning our upcoming beautification projects here at the Dye Clay Family Y!

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center starting February 1st. Each time you visit the Y, get it punched! Enter drawing to win a Cool Prize this month!

**More visits=
More chances to WIN!**

PICKLE BALL PLAY!

Monday, Wednesday,
& Friday
12:00 - 2:00pm
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Jenny Engelmeyer at jengelmeyer@fcymca.org for more information!