



# IT'S NEVER TOO LATE TO FEEL GREAT.

**WILLIAMS FAMILY YMCA | 10415 San Jose Blvd. | 904.292.1660 | 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](http://fcymca.org).**

### **Williams Family Annual Chili Cookoff!**

**Friday, February 7<sup>th</sup>, 11:30am – 1:00pm, Gymnasium**

Break out your crock pots and put your best chili recipe to the test! The Y will provide a baked potato bar and beverages. A panel of judges will choose the winner. Prizes and fun for all!

### **Urban Soul Line Dancing**

**Friday, February 7<sup>th</sup>, 6:00 – 7:30pm, Gymnasium**

Bring a friend and have fun learning and dancing on a Friday night!

### **Bible Study**

**Every Friday, 12:30 - 1:30pm, Healthy Living Center**

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

### **Coffee and Convo**

**Tuesday, February 4<sup>th</sup> AND 18<sup>th</sup>, 11:00am - 12:00pm, Williams YMCA Lobby**

Join Healthy Aging Coordinator Jenny for open discussion about upcoming activities. Your input is valuable!

### **Mind, Body, Spirit Workshop: Arthritis and Fall Prevention**

**Wednesday, February 5<sup>th</sup>, 1:15 – 2:00pm, Studio B**

Take time for yourself and join us for 45 minutes of mind and body relaxation.

**Members \$20, Non-members \$40**

### **Tech 101**

**Monday, February 27<sup>th</sup>, 5:30 – 6:30pm, Healthy Living Center**

A YMCA staff member will help you navigate our FCYMCA.org app and Y360.

### **Game Day: Ping Pong**

**Tuesday, February 18<sup>th</sup>, 3:00 – 4:30pm, Studio B**

It's time for PING PONG! Also, enjoy a variety of different games – from Jenga to UNO to Trivial Pursuit and more – with your Y friends! Lite snacks provided.

### **Lunch and Learn: Healthy Aging Presentation with Conviva**

**Wednesday, February 19<sup>th</sup>, 12:00 – 1:00pm, Healthy Living Center**

Join the YMCA and Conviva for an educational session. Lunch will be provided for all reserved participants.

### **Lunch and Learn**

**Thursday, February 20<sup>th</sup>, 12:00 – 1:00pm, Healthy Living 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!

### **Book Club**

**Thursday, February 20<sup>th</sup>, 1:15 - 2:15pm, Healthy Living Center**

Our group is reading "Skin Tight" by Carl Hiassen. Join us for a peer led literary discussion. Lite snacks provided.

### **Arts and Crafts**

**Thursday, February 20<sup>th</sup>, 3:00 – 4:30pm, Studio B**

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

### **Party and Play: Bingo & Birthdays!**

**Thursday, February 27<sup>th</sup>, 3:15 – 4:15pm, Studio A**

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.

### **Don't forget your PUNCH!**

Pick up your monthly AOA punch card at the Welcome Center. Each time you visit the Y, get it punched at the Welcome Center.

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

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 @ [jengelmeyer@fcymca.org](mailto:jengelmeyer@fcymca.org) for more information!