



IT'S NEVER TOO LATE TO FEEL GREAT.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd. | 904.292.6060 | JANUARY 2025

JANUARY 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.

Urban Soul Line Dancing

Friday, January 3rd, 6:00pm – 7:30pm, Gymnasium

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

Bible Study

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

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

Coffee and Conversation

Tuesday, January 7th, 11:00am - 12:00pm, Williams YMCA Lobby

Join Jenny for open discussion about upcoming AOA activities. Your input is valuable!

Mind, Body, Spirit Workshop: Guided Meditation

Wednesday, January 15th, 1:15 – 2:15pm, Studio B

Members \$20 Guests \$40 *Reservations and payment must be made at the Welcome Center.*

Book Club

Thursday, January 16th, 1:15 - 2:15pm, Healthy Living Center

Join us for a peer led, healthy literary discussion.

Arts and Crafts

Thursday, January 16th, 3:00 – 4:30pm, Studio A

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

Game Day

Tuesday, January 21st, 3:00 – 4:30pm, Studio A

Enjoy a variety of different games – from chess to cards to board games and more – with your Y friends!

Bingo & Birthdays!

Thursday, January 23rd, 3:15 – 4:15pm, Studio A

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

Don't forget your PUNCH!

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

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

PICKLE BALL

Pickle Ball Play

Mon-Wed 1:00 - 4:00pm

Thursday 8:00 - 10:30am / 1:00 – 4:00pm

Friday 1:00 - 4:00pm

Sunday 10:00am – 12:00pm

Beginner Instruction

Friday 11:00am - 1:00pm

Beginner Play

Friday 12:00 - 1:00pm

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 for more information!