



IT'S NEVER TOO LATE TO FEEL GREAT.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 **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.**

Party & Play: Birthdays and BINGO

Tuesday, February 4th, 10:00 – 11:00am, Teaching Kitchen

Come celebrate our fellow members with February birthdays...and enjoy some BINGO fun!

Bible Study

Friday, February 7th, 11:00am – 12:00pm, Conference Room

Studying 31 Women of the Bible available on Amazon. This month we are learning about Rebekah & Rachel. Please bring your Bible and Notebook as well. All denominations are welcome.

Crochet / Knitting Class

Monday, February 10th, 1:30 – 2:00pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. Some supplies will be available. You may either keep what you make or donate your creation to a homeless shelter. All levels welcome! Snacks provided.

Coffee and Convo: Meet & Greet

Tuesdays, February 11th & 18th, 10:00 – 11:00am, Teaching Kitchen

Coffee and Conversation. Learn more about the Y and enjoy fellowshiping.

Bowling

Wednesday, February 12th, 12:00 – 2:00pm

Join us at **King Pin Lanes**, 5310 Lenox Ave. \$8.50 gets you 2 games, shoes, hot dog, a drink, and chips.

Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!

Valentine's Potluck

Friday, February 14th, 11:30am – 1:00pm, Teaching Kitchen.

Bring some finger foods and appetizers to share!

Lunch Bunch

Wednesday, February 19th, 12:00 – 2:00pm

Meet at **The Mossfire Grill**, 1537 Margaret Street. One lucky participant will have their lunch paid for by the Y!

Participants are responsible for paying for their own meals.

Book Club

Tuesday, February 25th, 10:00 – 11:00am, Conference Room

This month's book is "It's All Downhill From Here", by Terry McMillan

Special Event: Black History Celebration

Friday, February 28th, 12:15 – 2:30pm, Studio C

Honoring the legacy and achievements with our fashion show, speakers, and entertainment. Refreshments to follow in the Teaching Kitchen at 1:30. Please bring a dish to share.

FLORIDA BLUE SPONSORED EVENTS

(Please register for these events directly with Florida Blue in our Healthy Living Center.)

Senior Tech: Social Media

Friday, February 21st, 11:00am – 12:00pm, Teaching Kitchen

By the end of this session we will understand how to implement essential security measures on social media platforms to protect our personal information and maintain privacy.

Florida Blue Senior Painting

Friday, February 28th, 11:00am – 12:00pm, Teaching Kitchen

Don't forget your monthly PUNCH CARD!

TEN punches on your Silver Punch Card enters you to win **PRIZES** each month!

Pick up your card at the Welcome Center TODAY! (one card per member, please)