



IT'S NEVER TOO LATE TO FEEL GREAT.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | FEBRUARY 2025

FEBRUARY EVENTS AND ACTIVITIES

**Events are offered at no cost and require reservations (unless otherwise noted).
Reservations can be made in our app and online at fcymca.org.**

CHAT 'N CHEW- 2025 PLANNING

MONDAY, FEBRUARY 3rd from 1:15 – 2:15pm, Studio A

Join us for some yummy eats and great conversation as we plan our 2025 activities.

BOOK CLUB

WEDNESDAY, FEBRUARY 5th from 12:30 – 2:30pm, Studio A

Be Ready When the Luck Happens by Ina Garten, continued.

TECH 101- YMCA APP TRAINING

THURSDAY, FEBRUARY 6th from 10:00 – 10:45am, Healthy Living Center

Learn how to navigate the First Coast YMCA app.

BINGO AND BIRTHDAYS

WEDNESDAY, FEBRUARY 12th from 12:15 – 1:30pm, Studio A

Join us for an afternoon shouting your favorite word—BINGO! We will have prizes for winners, fun with friends, and lots of laughs. We will also be celebrating this month's birthdays!

ARTS & CRAFTS: QUILTING

MONDAY, FEBRUARY 17th from 12:30 – 1:45pm, Kidzone

Start making a quilt and continue the one you already started.

BOWLING

WEDNESDAY, FEBRUARY 19th from 12:30 – 2:15pm

King Pins Bowling Center at 5310 Lenox Avenue

Get out and knock over some pins. You get shoes, two games, and a hotdog lunch for \$8.50.

Sign up in the app. Payment can be made at the Bowling Alley.

SAFETY SEMINAR: HEALTHY AGING SELF-DEFENSE

SATURDAY, FEBRUARY 22nd from 11:15am – 12:00pm, Studio A

Focus on flexibility, awareness and balance. Learn how to protect yourself in dangerous situations.

POTLUCK: A TASTE OF BLACK HISTORY

WEDNESDAY, FEBRUARY 26th from 12:30 – 2:00pm, Studio A

History, culture, and food. Food will be catered by Annie Rue's. Cost is \$10 per person. Please pay at the Welcome Center.

WALKING CLUB

FRIDAY, FEBRUARY 28th from 3:00 – 4:00pm, Outside

Enjoy the fall weather with a walk around our nature trail. Wear a **RED** shirt.

Don't forget your PUNCH!

**TEN punches on your 50 & Better punch card(s) enters you to win YMCA swag!
Pick up your card at the Welcome Center today!**