



# IT'S NEVER TOO LATE TO FEEL GREAT.

**YMCA AT FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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](http://fcymca.org).**

### **Puzzles: Puzzle Exchange**

**Monday, February 3<sup>rd</sup>, 1:30 - 2:00pm, Multi-Purpose Room**

Do you enjoy puzzles? Do you have a closet full of puzzles you have completed? Bring a puzzle, with all pieces included, and exchange it for another gently used puzzle. We will also put a puzzle together.

### **Safety Seminar: Crime Prevention & Safety Tips**

**Monday, February 3, 2:00pm -3:00pm Multi-Purpose Room**

Come meet Captain Tres Edenfield of St John's County Sherriff Office and learn from his knowledge and expertise.

### **Bible Study**

**Wednesday, February 5 & 19, 1:30pm – 3:00pm, Multi-Purpose Room**

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All are welcome. The Bible is a part of daily life for both men, and they look forward to exploring the Word with you in whatever form will best meet the needs of our collective group. The group is currently studying the book of Joshua.

### **Special Event: Vision Board**

**Thursday, February 6, 12:30 – 1:30pm, Multi-Purpose Room**

Create your own vision board! A vision board is a collage. Bring in old magazines that can be cut up. We will create the healthy you and share goals. Take home your laminated vision board.

### **Walking Club**

**Fridays, February 7 & 21, 1:30 – 2:30pm, Meet in the YMCA Lobby**

Enjoy the cool weather and walk around the neighborhood. Take it at your own pace, slow and easy or quick and fast. The route is 1.5 miles in Murabella.

### **Book Club: For the Love of Reading!**

**Tuesday, February 11, 1:00 – 2:00pm, Multi-Purpose Room**

This month's read is Cuckoo's Calling by Robert Galbraith. Published under a pseudonym, J. K. Rowling's brilliant debut mystery introduces Detective Cormoran Strike as he investigates a supermodel's suicide in "one of the best books of the year" (USA Today), the first novel in the brilliant series that inspired the acclaimed HBO Max series C.B. Strike.

### **Game Day**

**Wednesday, February 12, 12:30 – 1:30pm, Multi-Purpose Room**

Come join other individuals who love to play Board Games, Cards, Puzzles and other social games. Bring your own game and teach others how to play! Come ready to laugh and have fun!

### **Crochet/Knitting**

**Friday, February 14, 1:00 – 2:00pm, Multi-Purpose Room**

Do you like to crochet or knit? Do you have yarn you would like to use? Join us, use your own pattern, or use one we have. We can teach basic crochet skills if you would like to learn!

### **Travel Club: Where have you traveled or lived?**

**Thursday, February 20, 12:30 – 1:30pm, Multi-Purpose Room**

Place a provided tack on the map of where you have lived or traveled. Educate others about the food, traditions, clothing and culture. Bring a specific item from that location such as an outfit, or chinaware, or even prepare your favorite dish to share. We will also travel to a new location and experience new traditions. Come learn and/or come and share!

### **Lunch Brunch: Gator's Dockside**

**Monday, February 24, 12:30 – 1:30pm, Meet in the YMCA Lobby**

Meet at the YMCA and walk over to enjoy lunch together at Gator's Dockside in Murabella.

**\*Participants are responsible for paying for their own meal.\***

### **BINGO!**

**Wednesday, February 26, 1:30 – 2:30pm, Multi-Purpose Room**

Join us as you yell your favorite word...BINGO! Win prizes while making friends!