



IT'S NEVER TOO LATE TO FEEL GREAT.

YMCA AT NOCATEE | 400 Colonnade Drive | 904.671.9622 | 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.**

Walking Club

Every Tuesday and Thursday, 8:00 – 9:00pm, Meet in the YMCA lobby

This is a great way to start a healthy New Year and prepare for Spring racing events. Join us!

Majong Meetup

Every Friday, 2:00 – 5:00pm, Multipurpose Room

If you are a Mahjong lover, come see us every Friday at the Y for fun and friendship!

Requirements: Must know how to play and own tiles and card.

Coffee and Convo

Wednesday, February 5th, 9:30 – 10:30am, YMCA Lobby

Join over the fragrant aroma of coffee and good conversation. A great way to meet new friends!

*** Participants will be responsible for paying for their own coffee.***

Game Day: Bring on the Bunco

Monday, February 10th, 3:00 – 5:00pm, Multi-Purpose Room

Join us for a fun game of Bunco with friends. Everyone is asked to bring \$1, and the money collected will be donated by the winner to a Y charity of their choice.

Trivia

Tuesday February 11th, 7:00 – 8:00pm, meet at Trelor Park

Join the YMCA Healthy Aging team of Ys and Y Nots as we hopefully win again this month with our general knowledge!

Fitness Class: Don't Go Breaking My Heart Valentine HAC Class

Thursday February 13th, 10:45 – 11:30am, Airnasium

Carolina will once again be leading a fun Healthy Aging Conditioning class. Come celebrate the month of LOVE with modified exercises to strengthen our hearts and friendships! Wear your hearts on your sleeve and show your love with red and pink.

Alhambra Matinee Theatre: West Side Story

Tuesday, February 20th, 10:15am – 2:15pm

We'll meet at the Y and carpool to the Alhambra Theatre in Jacksonville.

Spots are currently full, but you can be placed on a waiting list if interested – email Barb Bender at bbender@fcymca.org to get your name on the waitlist.

Participants' 3-course meals are included with the price of a ticket. Participants can call ahead for special eating requirements.

Book Club

Tuesday, February 25th, 3:30 - 4:30pm, Multi-Purpose Room

This month we'll be discussing "All the Light We Cannot See", by Anthony Doerr.