



A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcyymca.org | myhealth@fcymca.org | January 2026



Kickstart the year with the YMCA'S 12-Week Weight Loss Program!

The YMCA's 12-week Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors.

This program helps participants build skills for successful lifestyle changes. It's all about small changes + big support = long-lasting results. No gimmicks — just real tools and real encouragement.

- 12 weeks, with one 60-minute session each week
- Provides tools, knowledge, and group support to help you develop a healthy eating and exercise plan that works for you

New sessions starting soon at a Y near you!

Contact myhealth@fcymca.org for more info

Stay Active & Connected All Year

From group exercise classes to social wellness events, we've got something for every pace and preference:

- ✓ Stretch and balance classes
- ✓ Low-impact fitness options
- ✓ Fun group activities
- ✓ Social meet-ups and wellness talks

Staying active and connected boosts both body and spirit, and that's what the Y is all about.

Check back each month for a new newsletter!

the Y
YMCA

MEN'S HEALTH MATTERS
An informative conversation about men's health with Dr. Bryce Baird, Mayo Clinic Urologic Surgeon

Dr. Bryce Baird
Mayo Urologic Surgeon

Wednesday, January 14
6:00pm-7:00pm

- Light Refreshments will be served
- Event is free and open to the public
- FCYMCA members and guests are welcome
- Event sponsored by Boston Scientific

Brooks Family YMCA
10423 Centurion Parkway N
Jacksonville, FL 32256

Boston
Scientific

SCAN TO REGISTER



FCYMCA.ORG



IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | JANUARY 2026

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.

REMINDER! Come play PICKLEBALL at the Y!

Senior Chair Volleyball

Every Wednesday, 12:30 – 1:30pm, Gymnasium

Join Cholita to have fun with your Y friends while getting in a great workout.

Book Club

Thursday, January 15th, 10:00 – 11:00am, Family Activity Center

Come join our book club to discuss the latest book, The Mad Wife by Meagan Church.

Coffee and Convo

Fridays, January 9th and 30th, 10:00am – 12:00pm, Common Area

Come for the coffee and stay for the fellowship!

Game Day: Pictionary

Monday, January 12th, 12:45 – 2:00pm, Family Activity Center

Come and join us for a game of Pictionary! Grab a friend and get ready to travel back in time for this epic drawing guessing game!

Senior Fitness Orientation: Intro to Machines

Wednesday, January 14th, 2:00 – 3:30pm, Wellness Floor

Come join Cholita for an introduction to the machines on our Wellness Floor in a group setting. Whether you're a seasoned member or just joining us, this will be an informative session for all.

Game Day

Friday, January 16th, 10:00 – 11:00am, Common Area

Come enjoy a variety of board games with your friends! We have Mexican Train, Yahtzee, and more!

Arts and Crafts: Valentine's Day cards

Monday, January 19th, 12:45 – 1:45pm, Family Activity Center

Come enjoy making homemade Valentine's Day cards for next month.

Cardio Circuit

Monday, January 26th, 12:45 – 1:30pm, Gymnasium

Come burn some calories with Cholita for 45 minutes of out-of-the-box games that will get your heartrate up with plenty of laughs, camaraderie, entertainment and movement.