



# INMOTION

## A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcyymca.org](http://www.fcyymca.org) | [myhealth@fcymca.org](mailto: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](mailto: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.

**DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | 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](https://fcymca.org).**

### COFFEE AND CONVO

**Monday, January 5<sup>th</sup>, 9:30 – 10:30am, Lobby**

Join Kimberly for coffee and discussion about upcoming AOA activities, AOA Committee... and more!

### GAME DAY: Bunko

**Wednesday, January 7<sup>th</sup>, 12:30 – 2:30pm, Studio B**

Join us for a fun afternoon of dice rolling, laughter, and great company! No experience needed—just come ready to play, socialize, and enjoy some lighthearted competition. Prizes, snacks, and plenty of smiles included!

### SENIOR CHAIR VOLLEYBALL

**Tuesday, January 13<sup>th</sup>, 12:45 – 2:45pm, GYM**

Stay active, laugh and have fun with friends! No experience needed---just bring your energy and enthusiasm!

### EnhanceFitness® POP-UP CLASS

**Wednesday, January 14<sup>th</sup>, 12:30 – 1:30pm, Studio A**

Join Rocio and Kaija to experience EnhanceFitness, an evidence-based, community-delivered exercise program proven to increase strength, boost activity levels, and elevate mood. This program will be starting soon at our branch, and we would love for you to join us in experiencing all that it has to offer!

### ARTS AND CRAFTS: Build a Bouquet

**Thursday, January 15<sup>th</sup>, 12:30 – 1:30pm, Studio B**

Join us in creating our very own bouquet!

### SENIOR CHAIR VOLLEYBALL

**Tuesday, January 20<sup>th</sup>, 12:45 – 2:45pm, Gymnasium**

Stay active, laugh and have fun with friends! No experience needed---just bring your energy and enthusiasm!

### ARTS AND CRAFTS: Paint with Jackie

**Tuesday, January 27<sup>th</sup>, 12:30pm – 2:30pm, Youth Center**

Join us for a creative and relaxing class as Jackie guides you step-by-step in creating a beautiful winter scene on canvas. No experience necessary—just bring your creativity and enjoy a fun, inspiring time painting and unwinding!

### PARTY AND PLAY: BINGO and Birthdays

**Thursday, January 29<sup>th</sup>, 12:30 – 1:30pm, Studio B**

Fun, prizes, and more!!! If you are celebrating a birthday in January, stop by BINGO and enjoy a sweet treat with your friends and family.

### CARDIO CHALLENGE

**Friday, January 30<sup>th</sup>, 12:15pm – 1:00pm, Wellness Floor**

Join our fun 45-minute cardio challenge designed to get you moving, boost your energy, and keep your heart healthy!

### **Don't forget your PUNCH!**

Pick up your AOA punch card at the Welcome Center starting November 1st. Each time you visit the Y, get it punched! Enter drawing to win a cool prize this month!

**More visits=  
More chances to WIN!**

### **PICKLE BALL PLAY!**

Mondays, Wednesdays,  
& Fridays  
12:00 – 2:00pm  
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Kimberly Sutton at [ksutton@fcymca.org](mailto:ksutton@fcymca.org) for more information!