



## 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!

**MEN'S HEALTH MATTERS**

An informative conversation about men's health with Dr. Bryce Baird, Mayo Clinic 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.

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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).

### AOA (ACTIVE OLDER ADULTS) MEETING

**Monday, January 5, 9:30 – 10:30 am, Healthy Living Center**

All are welcome to attend.

### CROCHET CLASS

**Mondays, January 5 and 12, 10:00 – 11:30am, Healthy Living Center**

Whether you are just starting out crocheting or have been crocheting for years, this crochet class is for you!

### GRAB & GO SALAD BAR: JANUARY MEMBER APPRECIATION

**Tuesday, January 6, 12:00 – 2:00pm, Teen Center**

Keep your new year wellness goals with a grab and go salad bar as we celebrate the January birthdays and recognitions while supplies last.

### BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

**Wednesdays, January 7, 14, 21, and 28, 10:00 – 11:00am, Healthy Living Center**

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

### FOOD PANTRY WEDNESDAYS & FRIDAYS

**Wednesdays, 3:00 – 5:00pm AND Fridays, 12:00 – 2:00pm, Food Pantry at the Johnson YMCA**

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. While supplies last. **All are welcome to attend, no registration required.** Food Pantry will be adding Mondays to the schedule soon.

### GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

**Wednesdays, January 7, 14, 21, and 28, 1:00 – 2:00pm, Front Lawn**

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

### BINGO WITH BEVERLY!

**Friday, January 16, 10:00am – 12:00pm, Pre-Teen Center**

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun. All are welcome to attend.

### THE CONNECTION COLLECTIVE: MENTAL WELLNESS GROUP

**Monday, January 20, 11:00am – 12:00pm, Healthy Living Center**

This mental wellness peer-led series, with Mr. Robert, aims to educate and empower individuals to improve their mental health and well-being with specialized topics for adults.

### THE CONNECTION COLLECTIVE: WOMEN'S GROUP

**Monday, January 26, 11:00am – 12:30pm, Healthy Living Center**

Introducing "Conversations with Saundra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

### MID-DAY MOVIE: THE HELP

**Tuesday, January 29, 11:00am – 1:30pm, Teen Center**

Enjoy the movie, The Help (2011). The film and novel recount the story of a young white woman and aspiring journalist and her relationship with two black maids, during the civil rights movement in 1963 Jackson, Mississippi. Rated PG-13. Refreshments provided while they last.