



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!



Dr. Bryce Baird
Mayo Urologic Surgeon



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

Prostate Cancer Risk
What are the warning signs, how can I reduce my risk?


Destigmatizing ED
Sound advice, tools and potential solutions to answer sensitive questions

Lifestyle Changes
How can I increase my chances of staying healthy?



Brooks Family YMCA
10423 Centurion Parkway N
Jacksonville, FL 32256

SCAN TO REGISTER



FCYMCA.ORG



IT'S NEVER TOO LATE TO FEEL GREAT.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | 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.**

Coffee & Conversation

Monday, January 5th, 9:00 – 10:00am, Lobby

Bring a friend, neighbor, or family for a connection to your YMCA community. Coffee provided.

Nature Nomads

Wednesday, January 7th, 9:00 – 10:00am, Amelia Park (Meet on the Y Porch)

Enjoy a beautiful stroll in our local neighborhood of Amelia Park and enjoy a nice color walk where we have fun observing the colors of nature and practice mindfulness. Weather permitting.

Crochet Club

Wednesdays, January 14th & 28th, 10:30 – 11:30am, Studio A

A beginner-friendly crochet class where participants learn the basics: how to hold a hook and yarn, basic stitches, and how to read simple patterns. Great for anyone that has never crocheted before or wants to build confidence while making a small project.

Arts & Craft: Vision Board 2026

Thursday, January 15th, 10:30 – 12:00pm, Studio B

A fun and inspiring gathering where participants create vision boards to set goals, dream big, and focus on personal growth for the upcoming year guided by creativity, community, and encouragement. **Eight spots available...be sure to reserve your spot in our app or online!**

Game Day! Board and Card Games

Wednesday, January 21st, 9:30 – 11:30am, Lobby

Bring your favorite board or card games to provide mental stimulation and friendly competition! Some games/cards will be provided onsite, but feel free to bring your favorites, if you wish.

Arts and Crafts: Shadow Boxes

Thursday, January 22nd, 12:30 – 2:00pm, Studio B

Join us to create a shadowbox with matchbooks. **10 spots available, so be sure to make a reservation!**

Pickleball 101

Thursday, January 29th, 9:00 – 10:00am, Gymnasium

Who is ready to learn pickleball? Learn the basic and fundamental skills of pickleball. **12 spots available, so be sure to reserve your spot in the app or online!**

Tech 101: FCYMCA App

Monday, January 26th, 10:30 – 11:30am, Lobby

Technology can be a bit difficult. Bring your phone and we can help you set up the FCYMCA App. We will walk you through some of the great features the app has to offer our Y members!