



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
- FCYMA members and guests are welcome
- Event sponsored by Boston Scientific

Brooks Family YMCA
10423 Centurion Parkway N
Jacksonville, FL 32256

-  **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?

Boston Scientific

SCAN TO REGISTER



FCYMA.ORG

IT'S NEVER TOO LATE TO FEEL GREAT.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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.**

Bible Study

Every Friday, 12:30 - 1:30pm, Community Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Coffee & Convo

Monday, January 5th, 8:00 – 10:00am, Lobby

Enjoy a great cup of coffee, light snack and good conversation with our AOA coordinator, Alethea.

Urban Soul Line Dancing

Friday, January 9th, 6:00 – 7:30pm, Studio A

Join in the fun and bring a friend for some line dancing fun!

Music & Memories

Tuesday, January 13th, 3:00 – 4:30pm, Healthy Living Center

Join us for a trip down memory lane! Listen to music that shaped our lives and journal special memories!

Arts and Crafts

Thursday, January 15th, 3:00 – 4:30pm, Community Center

Enjoy making a beautiful winter Craft with your Y friends!

Game Day

Tuesday, January 20th, 3:00 - 4:4:30pm, Studio B

It's time for PING PONG! Also, enjoy a variety of different games.

CONVIVA Lunch and Learn

Wednesday, January 21st, 12:00 – 1:00pm, Healthy Living Center

Enjoy making a beautiful winter Craft with your Y friends!

Book Club

Thursday, January 22nd, 1:15 - 2:15pm, Community Center

Join us for a peer led, healthy literary discussion. We are currently reading "Clara and Mr. Tiffany" by Susan Vreeland.

Crochet Club

Thursday, January 22nd, 3:00 – 4:30pm, Community Center

Create crochet nursery items for the Ronald McDonald House.

Party and Play: BINGO & Birthdays!

Tuesday, January 29th, 3:15 – 5:00pm, Community Center

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

GARDEN CLUB BEGINS IN FEBRUARY!

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center, each time you visit the Y, get it punched at the Welcome Center.

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

PICKLE BALL

Pickle Ball Play

Mondays & Wednesdays, 2:00 – 4:30pm

Tuesdays, Thursdays, Fridays 1:00 -4:00pm

Thursdays, 8:00-10:30am

Sundays, 10:00am – 12:00pm

Beginner Instruction

Fridays, 11:00am – 12:00pm

Beginner Play Fridays, 12:00 – 1:00pm

Want to Volunteer or Be a Part of the AOA Committee?

Email our Healthy Aging Coordinator Alethea Endel at AEndel@FCYMCA.org