



## A NEWSLETTER FOR ACTIVE OLDER ADULTS

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

### Tips for Success in 2026

- Find Your "Y" — What motivates you most? Better health? More energy? Friends
- Set Small, Joyful Goals — Small wins lead to big change.
- Stay Accountable — Join a program or group. We're cheering for you!

Happy  
New Year

# IT'S NEVER TOO LATE TO FEEL GREAT.

**WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1426 | 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](http://fcymca.org).**

### Crochet / Knitting Class

**Mondays in January, 1:30 – 3:30pm, Teaching Kitchen**

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

### Table Tennis (Ping Pong)

**Tuesday & Thursdays, 1:00 – 3:00pm, Gymnasium** All skill levels welcome! **No registration required.**

### Bible Study

**Friday, January 2<sup>nd</sup>, 11:00am – 12:00pm, Teaching Kitchen**

Studying 31 Women of the Bible, available on Amazon. This month we are learning about Martha & Joanna. Please bring your Bible and Notebook as well. All denominations are welcome!

### Party & Play: Birthdays and BINGO

**Tuesday, January 6<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Come celebrate our fellow members with January birthdays...and enjoy some BINGO fun!

### Potluck: Soup & Potato Bar

**Friday, January 9<sup>th</sup>, 12:00 – 1:30pm, Teaching Kitchen**

Bring a stockpot or crockpot of soup to share, the Y will provide baked potatoes and the fixin's.

### Coffee and Convo: Meet & Greet

**Tuesday, January 13<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Enjoy a cup of coffee or hot tea, conversation, and learning about the Y.

### Lunch Bunch

**Friday, January 16<sup>th</sup>, 11:45am – 1:00pm, Joseph's Pizza (7316 N. Main Street)**

Come enjoy yummy food and the company of your Y friends! One lucky participant will have their lunch paid for by the Y!

**\* Participants are responsible for paying for their meals.\***

### Brunch & Learn

**Tuesday, January 20<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Tips for safeguarding against Identity Theft with Ted from VyStar. Brunch provided to all registrants.

### Music & Memories

**Friday, January 16<sup>th</sup>, 10:00 – 11:30am, Teaching Kitchen**

Join us for a trip down Memory Lane! Listen to music that shaped our lives and journal special memories! Journals provided.

### Bowling

**Wednesday, January 21<sup>st</sup>, 12:00 – 1:30pm**

**NEW LOCATION: Batt Family Fun Center (1838 Cassat Avenue)**

Join us for some bowling fun! \$12.99 gets you 2 games, shoes, hot dog, soda, and fries.

**\*Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!\***

### Book Club

**Tuesday, January 27<sup>th</sup>, 11:00am – 12:00pm, Teaching Kitchen**

This month's book is The Frozen River by Ariel Lawhorn.

### FLORIDA BLUE SPONSORED EVENTS

**(Please register for these events directly with Florida Blue in our Healthy Living Center.)**

**Safety on the Move, Tuesday, January 13<sup>th</sup>, 2:00 – 7:00 pm.**

Visit JTA's Safety on the Move bus. This mobile unit is dedicated to promoting overdose awareness and prevention. Learn how to use Narcan to save lives.