



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.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!

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!





IT'S NEVER TOO LATE TO FEEL GREAT.

YMCA AT BAPTIST NORTH | 11236 BAPTIST HEALTH DRIVE | 904.592.9622 | 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.

BOOK CLUB

Wednesday, January 7th, 12:30 - 2:30pm

Join us for the discussion of the book Saving My Assassin, a memoir by Virginia Prodan. Light refreshments will be served.

TECH 101

Thursday, January 8th, 10:00 - 10:45am, Wellness Center

Come get answers about the Y App and how to sign up to become a volunteer.

PARTY AND PLAY: BINGO AND BIRTHDAYS

Wednesday, January 14th, 12:30 - 2:00pm, Studio B

Join us for an afternoon shouting your favorite word...BINGO! At the same time, let's celebrate January birthdays!

WALKING CLUB

Saturday, January 17th, 9:30 - 10:30am, Healthy Living Trail

Come out and take a brisk walk on our trail with your Y friends.

BOWLING

Wednesday, January 21st, 12:00 - 1:30pm

Batt Family Fun Center (1838 Cassat Ave)

Get out and knock over some pins. You get shoes, hotdog, fries, and soda for \$12.99.

***Registration is required. Payment can be made directly at the Fun Center. ***

QUILTING AND SEWING

Monday, January 26th, 12:30 - 2:30pm, KidZone

Come with questions about quilting and sewing and be ready for a fun time!

MATINEE MOVIE

Wednesday, January 28th, 12:30 - 2:30pm, Studio B

Join your Y friends to watch Tyler Perry's Finding Joy. Refreshments will be served.

ARTS AND CRAFT: T-shirt Design

SATURDAY, January 31st, 9:00 - 11:00am, Wellness Center

Bring a t-shirt to design/decorate. Supplies will be provided to create an awesome shirt!!