



A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fccymca.org | 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 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 16th, 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!!