



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!

Happy
New Year



IT'S NEVER TOO LATE TO FEEL GREAT.

YMCA AT FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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.**

Supporting Wellness Together: Weight Loss Program (12 weeks, once-weekly)

Every Tuesday (1:00 – 2:00pm), starting January 13th

OR

Every Wednesday (6:30 – 7:30pm), starting January 14th

Reach your wellness goals with us! Join the YMCA's 12-week Weight Loss Program! One session a week (hosted in our Multi-Purpose Room) will provide tools, knowledge, and group support to help you make sustainable changes to your lifestyle that will create long-term success and health.

Member: \$100 / Non-Member \$150 Sign up by emailing myhealth@fcymca.org or see the front desk.

Mahjong Mondays

Every Monday, 12:30 - 3:00pm, Multi-Purpose Room

Calling Mahjong players! Whether you are a seasoned player or want to learn the game, this is for you.

Bible Study at the Y!

Wednesdays, January 7th & 21st, 1:30 – 3:00pm, Multi-Purpose Room

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All denominations are welcome. Currently studying the book of ACTS.

Social: Healthy Snack Exchange

Friday, January 9th 1:30-2:30pm, Multi-Purpose Room

Bring a healthy snack to share with others. Leave with a healthy snack and ideas to jump start the New Year! This can be very simple! Some snacks will be provided.

Book Club

Tuesday January 13th 1:00-2:00pm, Multi-Purpose Room

The book is "Heartwood" by Amity Gaige. The story follows Valerie, who goes missing on the Appalachian Trail, while a game warden leads the search and an elderly woman becomes an armchair detective, revealing that her disappearance may not be accidental.

New Member Orientation

Friday, January 16th, 1:30 - 2:30pm, Multi-Purpose Room

Come and meet the YMCA staff while learning more about the Y and its offerings for those ages 50 and better!

BINGO!

Wednesday, January 28th, 1:00 - 2:00pm, Multi-Purpose Room

Join as you yell your favorite word... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh!

Lunch Bunch: Anejo Cocina Mexicana Restaurant

Friday, January 30th, 12:30 – 2:00pm, meet at Anejo (650 E Twincourt Trail, St. Augustine, 32092)

Join us for food and friends! **Please make sure to reserve your spot in the app!**

Members will be responsible for paying for their own meals.