



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 WILDLIGHT | 251 Breezeway Street | 904-849-9622 | 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.

Walking Club

Saturdays, January 3rd, 10th, 17th, 24th, and 31st, 10:00 – 11:00am, Walking Track
Come with your walking shoes on as you join Mrs. Evelyn for some walking and talking.

BINGO!

Thursday, January 8th, 12:00 – 1:00pm, Teen Center

Who doesn't love the classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **Please feel free to bring yourself some lunch or a snack to enjoy while playing.**

Coffee and Conversations

Tuesday, January 13th, 9:30 - 10:30am, Lobby

Stop by for a cup of coffee and chit chat about your week or upcoming plans!

Chat & Chew

Tuesday, January 20th, 12:00 – 1:00pm, Teen Center

Come hang out with us and enjoy some light refreshments and even better conversation! Feel free to bring your lunch, bring a friend, and enjoy a casual hour of chatting, laughing, and connecting.

Lunch Bunch

Wednesday, January 21st, 12:15 – 2:00pm, Bohemian Bull

Join us at Bohemian Bull for some delicious half-priced Burger's and great convo. PLEASE be sure to reserve your spot in the app by Tuesday, January 20th, so we can reserve our table. ***Participants will be responsible for paying for their own meals.***

Arts & Crafts: Winter Craft

Thursday, January 22nd, 11:30am – 12:15pm, Teen Center

Join us for a cozy Winter Craft Day! Make something special while spending time with friends. All supplies will be provided, just bring your creativity!

Tech 101

Tuesday, January 27th, 12:00 – 1:00pm, Teen Center

Technology can be a bit difficult and so much is changing rapidly, so bring your phone, laptop, or tablet in, and we will help you step-by-step through issues you may be having.