



# IN MOTION

## A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto:myhealth@fcymca.org) | February 2026

### FALL IN LOVE WITH YOUR HEALTH THIS FEBRUARY!

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.

#### Program Overview

- 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
- \$100/members
- \$150/non-members

Now starting at multiple locations in the First Coast! Email [myhealth@fcymca.org](mailto:myhealth@fcymca.org) for more information!

### Introducing YMCA Recovery Solutions

#### WHY TRY IT?

- ✓ Relieve muscle soreness & stiffness
- ✓ Reduce stress & anxiety
- ✓ Improve circulation & flexibility
- ✓ Recover faster after workouts
- ✓ Feel your best—every day

**FOR JUST \$25/MONTH:**

**Daily 25-min Recovery Session  
(Less than \$1/day)**

CRYOLOUNGE+



HYDROMASSAGE



Now at Brooks, Brown, and Winston Family YMCA!

Members from any First Coast YMCA location can use the recovery rooms at any of these three branches. You do not need a First Coast membership to add this upgrade to your membership.

# IT'S NEVER TOO LATE TO FEEL GREAT.

BAKER FAMILY YMCA | 136 West Lowder Street | 904.259.0898 | FEBRUARY 2026

## FEBRUARY EVENTS AND ACTIVITIES

**The Baker Y is coming back to life, and we are so excited to gather, celebrate, and create lasting memories together. Join us for these upcoming Active Older Adult events designed to connect, reflect and have fun!**

***Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in the FCYMA app or online.***

### MEET & GREET

#### **Tuesday, February 3<sup>rd</sup>, Keller School Gymnasium, 10:00am - 1:00pm**

Kickoff our Group Ex programming, get free giveaways from BCBS, enjoy coffee and snacks, learn how to sign up for our AOA activities, punch cards, and meet the instructors and staff of the Baker YMCA Wellness Team.

### COFFEE & CONVO

#### **Tuesday, February 3<sup>rd</sup> and Thursday February 5<sup>th</sup>, Caruzinn Café, 2:00 – 3:00pm**

Meet us at the Caruzinn Café for relaxed conversation, connection, and community. Coffee on us!

### ARTS and CRAFTS: FLOWER BOUQUET WORKSHOP

#### **Tuesday, February 10<sup>th</sup>, Keller School Gymnasium, 12:00 – 1:00pm**

Create a beautiful bouquet to take home or share with someone special. A hands-on, joyful activity full of color and creativity.

### FACES OF BAKER BULLETIN BOARD

#### **Tuesday, February 17<sup>th</sup>, Keller School Gymnasium, 12:00 – 1:00pm**

Help us bring Baker to Life! Participants will be featured on a bulletin board with photos and short notes answering, "What does the Y mean to me?" A meaningful way to showcase the heart of our community.

### LIVING LEGACY GARDEN & HANDPRINT PLAQUE

#### **Thursday, February 19<sup>th</sup>, Keller School Gymnasium, 1:00 – 2:00pm**

We will plant a tree, flowers, or a small garden area at the Baker Y featuring a plaque that reads: 'Planted by the Active Older Adults of the Baker Y (Year)". Alongside it, we'll create one large Garden Plaque with overlapping hand prints symbolizing unity and growth, centered with: "Grown with love by our AOA OF Baker Y!

### LUNCH & LEARN, ARTHRITIS AND FALL PREVENTION

#### **Tuesday, February 24<sup>th</sup>, Keller School Gymnasium, 12:00 – 1:00pm**

Learn techniques to help enhance your balance and increase your strength. Get information on Arthritis and YMCA Healthy Living programs

### PARTY AND PLAY: BINGO, BOARD GAMES & BIRTHDAYS!

#### **Thursday, February 26<sup>th</sup>, Keller Community Center, 12:45 – 2:00pm**

Fun, prizes, and more!!! If you are celebrating a birthday in February, stop by BINGO and enjoy a sweet treat while celebrating with your AOA friends and family.

### **Don't forget your PUNCH!**

Pick up your AOA Punchcard at the Welcome Center, each time you visit the Y, get it punched at the Welcome Center.

**More visits=More chances to WIN!**

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Alethea Endel at [Aendel@fcymca.org](mailto:Aendel@fcymca.org) for more information!