



# 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.

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | **FEBRUARY 2026**

## FEBRUARY 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](http://fcymca.org).**

### GriefShare returns

**Tuesdays, starting February 3<sup>rd</sup> (ending Tuesday April 21<sup>st</sup>), 2:00 - 4:00pm, Conference Room.**

For help and encouragement after the death of a spouse, child, family member, or friend. **This supportive series of meetings is open to the community.** Registration info: E-mail [mychurchseniors@yahoo.com](mailto:mychurchseniors@yahoo.com). (Y members: please register with the app as well.) Non-Y members must sign a waiver. Small fee for optional workbook. Join at any time during the series.

### Bible Study

**Every Friday, 11:45am - 12:45pm, Studio D**

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. All denominations are welcome.

### Craft and Chat

**Tuesdays, February 3<sup>rd</sup> and 17<sup>th</sup>, 11:30am-12:30pm, Studio D**

Bring your own lunch/snack and your current craft project, or participate in our group crochet project: granny squares, to practice stitches. Bring practice yarn and crochet needles. Enjoy learning something new for brain health while meeting new friends!

### Lunch Bunch (first of two this month)

**Monday, February 9<sup>th</sup>, 12:30 - 2:00pm, Meet at Outback Steakhouse, Point Meadows location**

**\*Participants will be responsible for paying for their own meal.\***

### Games and Gab

**Tuesday, February 10<sup>th</sup> and 24<sup>th</sup>, 11:30am - 12:30pm, Studio D**

Bring your own lunch/snack and get ready to play games! (Board games, card games, brain teasers, etc.) Socializing with a little friendly competition and mental stimulation!

### Bocce Ball

**Wednesday, February 11<sup>th</sup>, 11:45am - 12:45pm, Studio B**

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

### Volunteer Meeting

**Thursday, February 12<sup>th</sup>, 2:15 - 3:15pm, Studio D**

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

### Coffee and Conversation

**Wednesday, February 18<sup>th</sup>, 11:30am - 12:30pm, Lobby**

Coffee (and tea and cocoa), homemade baked goods, and socializing! Our goal is to help foster new friendships and connections, while also learning about our new Recovery Solutions (Hydro- and Cryo-therapy beds)!

### New Member Orientation for Seniors

**Wednesday, February 18<sup>th</sup>, 2:15 - 3:15pm, Studio D**

Ask questions, meet other members, learn about program offerings and Recovery Solutions, and get help with the Y App!

### BINGO!

**Friday, February 20<sup>th</sup>, 12:00 - 12:30pm, Conference Room**

### Lunch Bunch (second of two this month)

**Monday, February 23<sup>rd</sup>, 12:30 - 2:00pm, Meet at Cantina Laredo, Town Center**

**\*Participants will be responsible for paying for their own meal.\***

### Book Club: Books@Brooks

**Thursday, February 26<sup>th</sup>, 2:15-3:15pm, Studio D**

Come discuss *Horse*, by Geraldine Brooks. Reading the book is encouraged, but not required. 2026 Book List available upon request.

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

TEN punches on your 50 & Better punch card(s) enters you to win a prize: The Senior of the Month Parking Spot! **Pick up your card at the Welcome Center today!**

#### **PLEASE remember to swipe**

your membership card or  
scan in at the front desk  
**EVERY** day that you visit!  
**We depend on you!**

#### **Have suggestions, inspiration, or feedback?**

Reach out to Sheri Nash, our  
Brooks Family YMCA Healthy  
Aging Coordinator!  
Email: [snash@fcymca.org](mailto:snash@fcymca.org)