



IN MOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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 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.

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | FEBRUARY 2026

FEBRUARY EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCa app by selecting Classes, and filter by Healthy Aging Class Type, or online at fcymca.org.

WALKING CLUB

Every Monday except February 16th, 8:30 – 9:30am, YMCA Front Entrance

Led by Sarah Ritchie, this gentle walk invites you to unwind, observe, and enjoy the peace

MAH JONG EVENTS

ALL-LEVEL MAHJONG (NO instructors present)

Every Wednesday, 12:30 – 2:30pm, Horschel Center for Health & Wellbeing

Come join us every Wednesday for Mahjong! Whether you're a seasoned player or just starting out, everyone is welcome. (*Registration Class Name – Healthy Aging All Lvl Mahjong*)

LEARN TO PLAY MAHJONG (INSTRUCTORS PRESENT)

Wednesdays, February 11th and 25th, 12:30 – 2:30pm, Horschel Center for Health & Wellbeing

If you're new to the game, come by on one of these days to learn from experienced instructors...then stay to play and practice your new skills. (*Registration Class Name – Healthy Aging Mahjong 101*)

CANASTA

Every Friday, 12:45 – 2:45pm, Horschel Center for Health & Wellbeing

Come join us for Canasta. Whether you're a seasoned player, just starting out or want to learn to play, everyone is welcome. (*Registration Class Name – Healthy Aging Canasta*)

ARTS AND CRAFTS: SULZBACHER VALENTINE'S CARD MAKING FOR HOMELESS KIDS

Tuesday, February 3rd, Anytime From 12:30 – 2:30pm, Horschel Center for Health & Wellbeing

Join us in making Valentine's Day cards for the homeless children at Sulzbacher Village. We'll supply the materials - you bring your creativity. If you would like to donate a box of Valentine's cards for the Sulzbacher kids to give to their friends, it would be greatly appreciated. (*Registration Class Name – Healthy Aging Arts & Crafts*)

BOOK CLUB

Thursday, February 19th 11:30am – 12:30pm, Horschel Center for Health & Wellbeing

Join us for a lively discussion of "The Heaven and Earth Grocery Store" by James McBride. Even if you haven't read the book, we'd love you to join and share your reading suggestions! (*Registration Class Name – Healthy Aging Book Club*)

LUNCH BUNCH

Thursday, February 19th, 1:00 – 2:30pm, Valley Smoke Restaurant (11 S. Roscoe Blvd.)

Meet and enjoy a yummy lunch together while socializing with friends or maybe even make a few new ones.

***Participants are responsible for paying for their own meals* (*Registration Class Name – Healthy Aging Lunch Bunch*)**

PICKLEBALL 101

Friday, February 20th, 11:00am – 12:00pm, Pickleball Courts Please register at www.courtreserve.com.

Register now for a FREE introduction to Pickleball for an informative and fun time playing. Paddles and balls will be provided.

CELEBRATION: CHINESE NEW YEAR

Tuesday, February 24th, 12:00-1:35pm, Studio A/B

Join us for a Chinese New Year Celebration that featuring refreshments, Chinese history and traditions, and a special Tai Chi demonstration by Tess Schwartz and Y members. (*Registration Class Name - Healthy Aging Celebration*)

TECH 101: TECH HELP WITH DAVID

Thursday, February 26th, 10:30am – 12:00pm, in the Lobby

Need help with your devices? Bring your smartphone, laptops, e-reader, and your tech questions. David will be on hand to help with your technology needs. (*Registration Class Name – Healthy Aging Tech 101*)