



# 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.

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | 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).**

### COFFEE AND CONVO: Tech Talk

**Monday, February 2nd, 9:00 - 10:00am, Lobby**

Join Kimberly for coffee and convo as we explore everything the Y has to offer—from the Y360 app to Enhanced Fitness and LIVESTRONG®, Recovery Solutions, and so much more!

### ARTS AND CRAFTS: Valentine's Day Heart

**Wednesday, February 4th, 12:30 - 2:30pm, Youth Center**

Enjoy a fun and relaxing craft session as you design a custom wooden heart décor sign. Perfect for gifting or decorating your home—no experience needed!

### SENIOR CHAIR VOLLEYBALL

**Tuesday, February 10th, 12:45 - 2:45pm, Gymnasium**

Stay active, laugh and have fun with friends! No experience needed---just bring your energy and enthusiasm!!

### LUNCH AND LEARN: Fraud Prevention

**Thursday, February 12th, 12:30 - 1:30pm, Youth Center**

Learn how to stay one step ahead of scammers! The Fraud Department from the Clay County Sheriff's Office will cover current scams and prevention tips. Lunch will be provided.

### GAME DAY: Bunco

**Wednesday, February 18th, 12:30 - 2:30pm, Youth Center**

Join us for a fun afternoon of dice rolling, laughter, and great company! No experience needed—just come ready to play, socialize, and enjoy some lighthearted competition. Prizes snacks and plenty of smiles included!

### FIELD TRIP: Spotlight Center

**Saturday, February 21<sup>st</sup>, 11:00am - 3:00pm, Spotlight Center Theater**

Join us for a fun field trip to the Spotlight Center Theater to see Forever Plaid! Enjoy a lively performance and great company. Group rates: \$21 show only, \$33 with lunch. Seating at 11:00am, show at 12:00pm.

**Payments are to be made directly to Spotlight Theater and will confirm your spot.** See Kimberly or the AOA table for details.

### CARDIO CHALLENGE

**Tuesday, February 24<sup>th</sup>, 11:30am - 12:15pm, Wellness Floor**

Take a stroll and have fun completing a trivia challenge along the way!

### PARTY AND PLAY: BINGO and Birthdays

**Thursday, February 26<sup>th</sup>, 12:15 - 1:15pm, Youth Center**

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

### LUNCH AND LEARN: Better Health Group

**Friday, February 27<sup>th</sup>, 12:00 - 1:00pm, Youth Center**

Join Tracy with Better Health Group and a special guest doctor. Enjoy lunch while learning tips for better health!

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

Pick up your AOA punch card at the Welcome Center starting October 1st. Each time you visit the Y, get it punched! Enter drawing to win a Cool Prize this month!

**More visits=**

**More chances to WIN!**

#### **PICKLE BALL PLAY!**

Monday, Wednesday, & Friday  
12:00 - 2:00pm  
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Kimberly Sutton at [ksutton@fcymca.org](mailto:ksutton@fcymca.org) for more information!