



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.

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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.

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, February 2, 9:30 – 10:30 am, Healthy Living Center

All are welcome to attend.

BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays, February 4, 11, 18, and 25, 10:00 – 11:00 am, Healthy Living Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, February 4, 11, 18, and 25, 1:00 – 2:00pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

FOOD PANTRY WEDNESDAYS & FRIDAYS

Wednesdays, 3:00 – 5:00 pm AND Fridays, 12:00 – 2:00pm, Food Pantry at the Johnson YMCA

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. While supplies last. **All are welcome to attend, no registration required.**

BLACK HISTORY MONTH BOOK CLUB: "My Journey From Dozier School Incarceration to Rehabilitation: A True Story of How Chains Are Broken"

Fridays, February 6, 13, 20, and 27, 10:00 – 11:00 am, HLC

Join this four-week book club series with its author, Warren King. In the memoir, King shares his life story and the trials he faced as a juvenile which led to his being a product of the criminal justice system since the age of ten years old. He discusses how he evolved from incarceration to rehabilitation and is living a successful law-abiding life. Capacity is limited.

CROCHET CLASS

Mondays, February 9 and 16, 10:00 – 11:30am, Healthy Living Center

Whether you are just starting out crocheting or have been crocheting for years, this crochet class is for you!

SPECIAL VALENTINE'S DAY EVENT: VALENTINE'S DAY R&B BINGO & BRUNCH

Saturday, February 14, 12:00 – 2:00pm, Teen Center

It's an afternoon of fun, food, and fantastic prizes plus great music at our Bingo & Brunch on Valentine's Day.

Cost: \$25 per person. Capacity is limited. Payment can be made at the Welcome Center.

FEBRUARY MEMBER APPRECIATION: PRESIDENT'S DAY PIZZA PARTY

Monday, February 16, 1:00 – 3:00pm, Teen Center

Join us for fun and fellowship as we celebrate birthdays and recognitions with pizza while supplies last. Sign-Up at the Welcome Desk.

THE CONNECTION COLLECTIVE: MENTAL WELLNESS GROUP

Tuesday, February 17, 11:00am – 12:00pm, Pre-Teen Center

This mental wellness peer-led series, with Mr. Robert, aims to educate and empower individuals to improve their mental health and well-being with specialized topics for adults.

BINGO WITH BEVERLY!

Friday, February 20, 10:00am – 12:00pm, Pre-Teen Center

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun. All are welcome to attend.

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, February 23, 11:00am – 12:30pm, Healthy Living Center

Introducing "Conversations with Saundra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

MID-DAY MOVIE: THE HELP

Tuesday, February 24, 11:00am – 1:30pm, Teen Center

Enjoy the movie, The Help (2011). The film and novel recount the story of a young white woman and aspiring journalist and her relationship with two black maids, during the civil rights movement in 1963 Jackson, Mississippi. Rated PG-13. Refreshments provided while they last.