



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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | **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.**

Bible Study

Every Friday, 12:30 - 1:30pm, Community Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Coffee and Convo: Meet Me At Y

Monday, February 2nd, 9:00 – 10:00am, Lobby.

Join Membership Specialist, Julie, in the lobby for some coffee, morning snacks and meaningful conversations.

Urban Soul Line Dancing

Friday, February 6th, 6:00 – 7:30pm, Studio A

Join in the fun and bring a friend for some line dancing fun!

Music & Memories

Tuesday, February 10th, 3:00 – 4:30pm, Healthy Living Center

Join us for a trip down memory lane! Listen to music that shaped our lives and journal special memories!

Game Day

Thursday, February 12th, 3:00 – 4:30pm, Studio B

It's time for PING PONG! Also, enjoy a variety of different games – from Jenga to UNO to Trivial Pursuit and more – with your Y friends!

Lunch and Learn, sponsored by Conviva

Wednesday, February 18th, 12:00 – 1:00pm, Healthy Living Center

Join Conviva for a lunch & learn on a variety of topics each month! Register on the App to reserve your spot!

Book Club

Thursday, February 19th, 1:15 - 2:15pm, Community Center

Join us for a peer led, healthy literary discussion. We are currently reading "The Personal Librarian" by Marie Benedict.

Potluck: Chili-Cookoff

Friday, February 20th, 11:30am – 1:00pm, Gymnasium

Bring your best batch of chili to share with friends and see what the judges think. Have your chili the old fashion style in a bowl or on top of a large potato! Games, food and fun for all.

Bringing chili? Please put your name on the sign up sheet at the Welcome Center!

Crochet Club

Thursday, February 24th, 3:00 – 4:30pm, Community Center

Create crochet nursery items for the Ronald McDonald House.

Party and Play: BINGO & Birthdays!

Thursday, February 26th, 3:15 – 5:00pm, Community 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.

Don't forget your PUNCH!

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

More visits=

More chances to WIN!

PICKLE BALL PLAY

Mondays / Wednesdays,
2:00 – 4:30pm
Tuesdays / Thursdays / Fridays,
1:00 – 4:00pm
Thursdays, 8:00 - 10:30am
Sundays, 10:00am – 12:00pm

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Melinda Lewis at Aendel@fcymca.org for more information.