



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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1426 | 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.

Crochet / Knitting Class

Mondays in February, 1:30 – 3:30pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

Table Tennis (Ping Pong)

Tuesday & Thursdays, 1:00 – 3:00pm, Gymnasium All skill levels welcome! No registration required.

Party & Play: Birthdays and BINGO

Tuesday, February 3rd, 10:00 – 11:00am, Teaching Kitchen

Come celebrate our fellow members with January birthdays...and enjoy some BINGO fun!

Bible Study

Friday, February 6th, 11:00am – 12:00pm, Teaching Kitchen

Studying 31 Women of the Bible, available on Amazon. This month we are learning about Pheobe and Priscilla. Please bring your Bible and Notebook as well. All denominations are welcome!

Brunch & Learn

Tuesday, February 10th, 10:00 – 11:00am, Teaching Kitchen

VyStar will present the Rule of 72 and managing your portfolio after retirement.

Presentation: Recovery Solutions

Wednesday, February 11th, 10:00 – 11:00am, Teaching Kitchen & Recovery Room

Discover the benefits of our new Recovery Beds.

Brunch & Learn

Friday, February 13th, 10:00 – 11:00am, Teaching Kitchen

Presentation by Shalawa of Baptist Health, come and see all that the Wellness Center has to offer.

Celebration: Black History Month

Tuesday, February 17th, 10:00am – 12:00pm, WWGay (524 Stockton Rd)

Please join us for a celebration and presentation of Past, Present & Future influential African Americans. Light refreshments will be served after presentations.

Bowling

Wednesday, February 18th, 12:00 – 1:30pm, NEW LOCATION: Batt Family Fun Center (1838 Cassat Avenue)

Join us for some bowling fun! \$12.99 gets you 2 games, shoes, hot dog, soda & fries.

Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!

Tech 101: FCYMA App

Friday, February 20th, 10:00 – 11:00am, Teaching Kitchen

Learn more about the YMCA phone App with Rachel.

LUNCH BUNCH & DAY TRIP

Saturday, February 21st, 10:00am – 2:00pm, Avonlea Antiques & Interiors (8101 Phillips Highway)

Join us for shopping & exploring this 40,000 square-foot antique mall. We will then go for lunch the Full Circle Eatery at noon. Please make sure to register in the app so that we know how many tables to save.

*** Participants are responsible for paying for their meals. One lucky member will have lunch paid for by the Y***

Book Club

Tuesday, February 24th, 11:00am – 12:00pm, Teaching Kitchen

This month's book is The Personal Librarian by Marie Benedict and Victoria Christopher Murray.

Music & Memories

Friday, February 27th, 10:00 – 11:00am, Teaching Kitchen

Join us for a trip down Memory Lane! Listen to music that shaped our lives and journal special memories! Journals provided.