



# 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.

**YMCA AT FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | FEBRUARY 2026**

## FEBRUARY EVENTS AND ACTIVITIES

**Events are offered at no cost and require reservations (unless otherwise noted).  
Reservations can be made in our app and online at [fcymca.org](http://fcymca.org).**

### Mahjong Mondays

**Every Monday, 12:30 - 3:00pm, Multi-Purpose Room**

Calling Mahjong players! Whether you are a seasoned player or want to learn the game, this is for you.

### Bible Study at the Y!

**Wednesdays, February 4<sup>th</sup> & 18<sup>th</sup>, 1:30 – 3:00pm, Multi- Purpose Room**

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All denominations are welcome. Currently studying the book of ACTS.

### GriefShare

**Thursdays, February 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup>, 1:30 - 3:30pm, Multi-Purpose Room**

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week group, you will discover what to expect in the days ahead and what's "normal" in grief.

### Book Club

**Tuesday, February 10<sup>th</sup>, 1:00 - 2:00pm Multi-Purpose Room**

The Measure by Nikki Erlick is a debut novel where every adult receives a wooden box containing a string that reveals the length of their life.

### Game Day at the Y!

**Wednesday, February 11<sup>th</sup>, 1:30 - 2:30pm, Multi-Purpose Room**

Come join other members who love to play board games, Rummikub, Dominos and other social games. Come ready to learn and laugh.

### Holiday Party: Valentine's Day Celebration

**Friday, February 13<sup>th</sup>, 1:30 - 2:30pm, Multi-Purpose Room**

Come learn some fun facts about Valentine's Day, participate in trivia, crossword puzzles, and a Valentine's BINGO! Light snacks will be provided.

### Social: Healthy Drink Exchange

**Friday, February 20<sup>th</sup>, 1:30 - 2:30pm, Multi-Purpose Room**

Bring a healthy non-alcoholic drink to share with others. Leave with a healthy idea! This can be very simple! Things such a tea, flavored water, electrolytes. Some healthy snacks will be provided.

### BINGO!

**Wednesday, February 25<sup>th</sup>, 1:00 - 2:00pm, Multi-Purpose Room**

Join as you yell your favorite word... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh! This month we will do Plant BINGO and have small plants as prizes! You won't want to miss it!

### Lunch Bunch: St. Mary's Seafood Restaurant

**Friday, February 27th, 12:30 – 2:00pm, meet at St. Marys Seafood (705 Hortons Trace)**

Join us for food and friends! Please make sure to reserve your spot in the app! **\*Members will be responsible for paying for their own meals.\***