



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.

YMCA AT WILDLIGHT | 251 Breezeway Street, Suite 120 | 904-849-9622 | **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.

Walking Club

Saturdays, February 7th, 14th, 21st and 28th, 10:00 – 11:00am, Upstairs Walking Track

Come with your walking shoes on as you join Mrs. Evelyn for some walking and talking.

BINGO!

Thursdays, February 5th, 12:00 – 1:00pm, Teen Center

Join us to win some fun prizes while socializing...and to shout everyone's favorite word – BINGO!

Please feel free to bring lunch or a snack to enjoy while playing.

Arts & Crafts: Valentines Day Craft

Tuesday, February 10th, 11:00am - 12:00pm, Teen Center

Join us as we create Valentine's Day boxes to hold the cards we'll receive during our party on the 13th! This fun and creative craft is the perfect way to get ready for the Valentine cheer and sweet surprises while spending time with friends. All supplies will be provided, just bring your creativity!

Holiday Party: Valentine's Day

Friday, February 13th, 2:00 – 3:30pm, Studio A

Mrs. Lorraine's Valentine's Day Sweetheart Line Dance Party! Join us for a fun-filled celebration with line dancing, games, prizes, and food! Please feel free to contribute by bringing a sweet treat or finger food to share, as well as Valentine's Day goodies or cards to hand out, as we'll be stepping back into our childhood days by making Valentine bags to spread even more love. **Sign-up sheet will be available by the front desk.**

Lunch Bunch

Wednesday, February 18th, 12:15 – 2:00pm, Bohemian Bull

Join us at Bohemian Bull for some delicious half-priced burgers and great convo. PLEASE be sure to reserve your spot in the app by Tuesday February 17th so we can make our reservation!

Participants will be responsible for paying for their own meals.

Tech Talk

Thursday, February 19th, 11:00am - 12:00pm, Teen Center

Tech Talk is a helpful session where we'll explore more features of the Y app. Did you know you can access the branch *In-Motion* newsletter right in the app? We'll also discuss Y360 and highlight our locations that offer Recovery Spaces. Come join us to learn what's happening at our Y and other nearby Y locations!

Theatre Musical

Sunday, February 22nd, 1:30 – 4:30pm, ACT Theatre (209 Cedar Street, Fernandina Beach)

Join us at the Amelia Community Theatre for *Lend Me a Soprano!* Enjoy this fast-paced comedy about Lucille Wylie, manager of the Cleveland Grand Opera Company, as she prepares for a one-night-only performance. When the soprano arrives late and her jealous husband appears, chaos follows, leaving it up to Wylie's clever assistant to save the day. Full of mistaken identities, romance, and backstage fun. ***Tickets: \$25 per person (Participants must purchase their own directly through the theatre online or by calling 904-261-6749.)** *Carpooling is encouraged. Please also register in the Y app so we can have a head count.

Game Day

Thursday, February 26th, 12:00- 1:00pm, Healthy Living Center

A Trip Down Memory Lane! Come join Mr. Charles as he takes us back down memory lane with a fun and interactive game called "Remember When?" Enjoy reminiscing about childhood memories, sharing laughs, and reliving the fun times. **Door prizes and light refreshments will be provided**. We look forward to seeing you there!