



A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | September 2025

FALLS PREVENTION AWARENESS WEEK



DID YOU KNOW THAT FALLS...



...are the leading cause of injury related ER visits for older adults?



...are the major cause of hip fractures?



...are responsible for more than half of fatal head injuries?

This Month the YMCA of Florida's First Coast celebrates Falls Prevention Awareness by remind you that we're here to help! Our ENHACNCE®FITNESS program is an evidence-based program that works to improve balance, muscle strength, flexibility and more.

Scan the QR code for more information!



Myths from National Council on Aging

Myth 1: Falling happens to other people, not to me.

Reality: Many people think, "It won't happen to me." But the truth is that 1 in 4 older adults fall every year in the U.S.

Myth 2: Falling is something normal that happens as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

the YMCA

FIND ME AT THE Y
Healthy Aging Day
10.11.25
FREE COMMUNITY EVENT
Get active, be social, and live healthier at the Y!

Mark your calendars for Healthy Aging Day coming up!
October 11th from 9:00am to 12:00pm



IT'S NEVER TOO LATE TO FEEL GREAT.

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | SEPTEMBER 2025

SEPTEMBER 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.**

GriefShare

Every Tuesday until November 11th, 2:00 – 4:00pm, Conference Room

For help and encouragement after the death of a spouse, child, family member, or friend. This supportive series of meetings is open to the community. **Registration info:** mychurchseniors@yahoo.com. (Y members: please register within the app as well.) Non-Y members must sign a waiver and will be permitted to participate using a Spectator Membership. Small fee for optional workbook. Join at any time.

Crochet 'n Craft Crew

Every Tuesday, 2:15 – 3:15pm, Studio D

Bring your projects and socialize! Help is available for beginners' crochet challenges. And you're not limited to crochet! Bring any of your current projects – artwork, needlepoint, embroidery, knitting, etc. – and have a great time conversing with new friends and learning a new skill! *Bringing snacks is permitted.*

Bible Study

Every Friday, 11:45am – 12:45pm, Studio D

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. All denominations are welcome.

Bocce Ball

Wednesday, September 10th, 11:45am – 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

Volunteer Meeting

Thursday, September 11th, 1:00 – 2:00pm, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

Lunch Bunch (first of two this month!)

Monday, September 15th, 12:30 – 2:00pm, Meet at Carrabbas (8137 Point Meadows Way)

Join us for food, fun, and friendship! ***Participants will be responsible for paying for their own meal.***

New Member Orientation for Active Older Adult Members

Wednesday, September 17th, 2:15 – 3:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

BINGO!

Friday, September 19th, 12:00 – 12:30pm, Conference Room

Sponsored by **David Palmeri**, Independent Agent.

Coffee and Convo

Wednesday, September 24th, 11:30am – 12:30pm, Lobby

Coffee, and socializing! Our goal is to help foster new friendships and connections.

Book Club: Books@Brooks

Thursday, September 25th, 2:15 – 3:15pm, Studio D

Join us to discuss *The Murder of Roger Ackroyd*, by Agatha Christie. Reading the book is encouraged, but not required.

Lunch Bunch (second of two this month!)

Monday, September 29th, 12:30-2:00pm, Meet at Cantina Louie in Tinseltown (9726 Touchton Road, #105)

Join us for food, fun, and friendship! ***Participants will be responsible for paying for their own meal.***

**SAVE THE DATE! Healthy Aging Day is Saturday, October 11th from 9:00am – 12:00pm!
See the front side of this month's newsletter this month for more details and information!**

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a prize: The Senior of the Month Parking Spot! **Pick up your card at the Welcome Center today!**

PLEASE remember to swipe your membership card or scan in at the front desk **EVERY** day that you visit! We depend on you!

Have suggestions, inspiration, or feedback? Reach out to Sheri Nash, our Brooks Family YMCA Healthy Aging Coordinator!
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Phone: 904.902.7973