



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.

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | SEPTEMBER 2025

SEPTEMBER EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app by selecting Classes, and Filter by Healthy Aging Class Type or online at fcymca.org.

Please note that some events this month will be held at The Players Senior Center at 175 Landrum Lane (across the street from the Brown Family YMCA).

MAHJONG

Wednesdays, 12:30 - 2:30pm, THE PLAYERS SENIOR CENTER ACROSS THE STREET

Come join us every Wednesday for Mah Jong! Whether you're a seasoned player or just starting out, everyone is welcome. If you're new to the game, come by on **September 10th** or **September 24th** to learn from experienced instructors. Then stay to play and practice your new skills with a welcoming group of players. **Instructors will be present the 2nd and 4th**

Wednesday to assist new players.

(Registration Class Name – Healthy Aging Mah Jong)

LEARN TO PLAY CANASTA

Friday, September 5th, 12:30 - 2:30pm, THE PLAYERS SENIOR CENTER ACROSS THE STREET

Join us for a fun-filled afternoon of learning how to play. Our fellow member Janice Fallon will guide us through the game. Come for fun and enjoy time with friends.

(Registration Class Name – Healthy Aging Game Day)

MAHJONG FOR SEASONED PLAYERS

Friday, September 12th and 26th, 12:45 - 2:45pm, THE PLAYERS SENIOR CENTER ACROSS THE STREET

Experienced Mah Jong players, come join us for a fun and enjoyable afternoon. **Instructors will NOT be present.**

(Registration Class Name – Healthy Aging Mah Jong)

PICKLEBALL 101

Wednesday, September 17th, 10:00 - 11:00am, Pickleball Courts

Register now for a FREE introduction to Pickleball for an informative and fun time playing. Paddles and balls will be provided.

Please register at www.courtreserve.com

BOOK CLUB

Thursday, September 18th, 11:45am - 1:00pm, 1810 Tacos y Tequilla (950 Marsh Landing Parkway)

Join us at **1810 Tacos y Tequilla** for a lively discussion of the book "Run" by Ann Patchett. Even if you haven't had a chance to read the book, please join us to share your suggestions for next month! Come for the Books, Stay for the Community!

(Registration Class Name – Healthy Aging Book Club)

LUNCH BUNCH

Thursday, September 18th, 1:00pm, 1810 Tacos y Tequilla

Meet for lunch at **1810 Tacos y Tequilla, 950 Marsh Landing Pkwy, Jacksonville Beach**, to enjoy a yummy lunch while socializing. ***Participants are responsible for paying for their own meals***

(Registration Class Name – Healthy Aging Lunch Bunch)

WALKING CLUB

Friday, September 19th, 8:30 – 9:30am, Meet in the Lobby/YMCA Front Entrance

Led by Sarah Ritchie, this gentle walk invites you to unwind, observe, and enjoy the peaceful rhythm of the outdoors in the company of friends.

(Registration Class Name – Healthy Aging Walking Club)

TECH 101 WITH DAVID

Thursday, September 25th, 10:30am - 12:00pm, in the Lobby

Need help with your devices? Bring your smartphone, Laptops, e-reader, and your tech questions. David will be on hand to help with your technology needs.

(Registration Class Name – Healthy Aging Tech 101)