



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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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.

Bible Study

Every Friday, 12:30 - 1:30pm, Community Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Urban Soul Line Dancing

Friday, September 5th, 6:00 - 7:30pm, Studio A

Join in the fun and bring a friend for some line dancing fun!

Music & Memories

Tuesday, September 9th, 3:00 - 4:30pm, Studio A

Join us for a trip down memory lane! Enjoy listening to music that shaped our lives and journaling special memories!

Game Day

Tuesday, September 16th, 3:00 - 4:30pm, Studio B

It's time for PING PONG! Also, enjoy a variety of different games - from Jenga to UNO to Trivial Pursuit and more - with your Y friends!

Lunch & Learn: Healthy Aging Presentation with Conviva Health Care

Wednesday, September 17th, 12:00 - 1:00pm, Healthy Living Center

Join the YMCA and Conviva for an educational session. Lunch will be provided to all registrants, so please be sure to reserve your spot in our app or online!

Book Club

Thursday, September 18th, 1:15 - 2:15pm, Community Center

Join us for a peer-led, healthy literary discussion. We are reading "The Personal Librarian" by Marie Benedict.

Arts and Crafts

Thursday, September 18th, 3:00 - 4:30pm, Community Center

Staff-led and loads of fun!

Party and Play: Bingo & Birthdays

Thursday, September 25th, 3:15 - 5:00pm, Community Center

Fun, prizes, and more!!! If you are celebrating a birthday in June, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

Lunch and Learn: Fall Prevention

September 29th, 12:00 - 1:00pm, Healthy Living Center

Join the Healthy Living Department to learn about fall prevention and the EnhanceFitness program. Lunch will be provided to all registrants, so please be sure to reserve your spot in our app or online!

Don't forget your PUNCH!

Pick up your AOA punch card at the Welcome Center, each time you visit the Y, get it punched at the Welcome Center.

**More visits=
More chances to WIN!**

PICKLE BALL

Pickle Ball Play

Mondays / Wednesdays, 2:00 - 4:30pm
Tuesdays / Thursdays / Fridays, 1:00 - 4:00pm
Thursdays, 8:00 - 10:30am
Sundays, 10:00am - 12:00pm

Beginner Instruction

Fridays, 11:00am - 12:00pm

Beginner Play Fridays, 12:00 - 1:00pm

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Melinda Lewis at mlewis@fcymca.org for more information!