



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 **ENHANCER®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.





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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1426 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.

Crochet / Knitting Class

Mondays in September, 1:30 – 3:30pm, Teaching Kitchen (no class on Labor Day Monday, September 1st)

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

Table Tennis (Ping Pong)

Tuesdays and Thursdays, 1:00 – 3:00pm, Court A (No sign up is required...all levels welcome!)

Party & Play: Birthdays and BINGO

Tuesday, September 2nd, 10:00 – 11:00am, Teaching Kitchen

Come celebrate our fellow members with September birthdays...and enjoy some BINGO fun!

Lunch & Learn: Tech Talk with VIP Better Health Group

Thursday, September 4th, 12:00 pm – 1:00pm, Teaching Kitchen

Join VIP Better Health Group for a Tech Talk. **Registration required. Lunch will be provided to all registrants.**

Bible Study

Friday, September 5th, 11:00am – 12:00pm, Teaching Kitchen

Studying 31 Women of the Bible available on Amazon. This month we are learning about Ester & Gomer. Please bring your Bible and Notebook as well. All denominations are welcome!

Brunch & Learn

Tuesday, September 9th, 10:00 – 11:00am, Teaching Kitchen Hidden Gems of Therapy, by Baptist Health

Friday, September 12th, 10:00 – 11:00am, Teaching Kitchen Emergency Fund Bootcamp with VyStar

Thursday, September 25th, 10:00 – 11:00am, Teaching Kitchen Ask the Expert: Women's Core Power By Baptist Health

***Registration required. Please sign up for each event separately. Brunch will be provided to all registrants.**

Games with Grandparents

Saturday, September 13th, 10:00 – 11:00am, Teaching Kitchen

Bring your grandkids to enjoy games, friendly competition, and quality time together in honor of National Grandparents Day.

Bowling

Wednesday, September 17th, 12:00 – 2:00pm, King Pin Lanes (5310 Lenox Avenue)

Join us for some bowling fun! \$8.50 gets you 2 games, shoes, hot dog, a drink, and chips.

Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!

Tech 101 with Rae

Friday, September 19th, 10:00 – 11:00am, Teaching Kitchen

Join us & learn how to use the Y app on your smart phone to book classes & check on your rewards.

Lunch Bunch

Friday, September 19th, 11:45 – 1:00pm, Bartaco, 1534 Oak Street, Suite 101 (in San Marco)

One lucky participant will have their lunch paid for by the Y! ***Participants are responsible for paying for their meals.***

Book Club

Tuesday, September 23rd, 10:00 – 11:00 am, Conference Room

The Lies We Leave Behind by Noelle Salazar

Day Trip

Saturday, September 27th, 10:00am – 1:00pm, Saint Augustine Castillo de San Marcos (11 S. Castillo Drive)

Meet at 10:00 am for personal tour with a picnic lunch to follow. ***Members may car pool; transportation not provided.***

FLORIDA BLUE SPONSORED EVENTS

(Please register for these events directly with Florida Blue in our Healthy Living Center.)

Senior Tech

Friday, September 19th, 11:00 am– 12:30 pm, Teaching Kitchen How to be more productive with your device.

Friday, September 19th, 1:00 pm– 2:00 pm, Teaching Kitchen Hurricane Prep Presentation

Florida Blue Senior Painting

Friday, September 26th, 11:00am – 12:00pm, Teaching Kitchen