



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.

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.

YMCA AT FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | September 2025

SEPTEMBER EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).

Reservations can be made in our app and online at fcymca.org.

Bible Study at the Y!

Wednesdays, September 3rd & 17th 1:30 – 3:00pm, Multi- Purpose Room

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. All denominations are welcome. The Bible is a part of daily life for both men, and they look forward to exploring the Word with you in whatever form will best meet the needs of our collective group.

GriefShare

Every Thursday, September 4th, 11th, 18th, & 25th, 1:30-3:30pm, Multi-Purpose Room

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week group, you will discover what to expect in the days ahead and what's "normal" in grief. Learn helpful ways of coping with grief, in all its unpredictability- and gain solid support each step of the way.

Mahjong Mondays

Mondays, September 8th, 15th, 22nd, and 29th, 1:00 – 3:00pm, Multi-Purpose Room

Calling Mahjong players!! If you are a seasoned player or just want to learn what Mahjong is all about, this is for you. We have tables for seasoned players and tables for those learning. This is a relaxed environment filled with fun, learning, and Mahjongg! Please email Lisa Dole at Ldole@fcymca.org for more information.

Bunco

Friday September 5th, 1:00 – 3:00pm Multi-Purpose Room

Bunco is a social dice game, often played with a large group, that involves rolling dice to score points and win rounds. The core of the game involves players rolling three dice, aiming to match the number of the current round, and rotating tables and partners after each round. No experience required.

Book Club: For the Love of Reading!

Tuesday, September 9th, 2:00 – 3:00pm, Multi-Purpose Room

September's book discussion is *The Silent Patient*, by Alex Michaelides. A psychological thriller about a famous painter who shoots her husband and then falls silent. After she's institutionalized at a secure psychiatric facility, a criminal psychotherapist becomes obsessed with her case and joins the facility to unravel the mystery of her silence and the murder.

Game Day!

Wednesday, September 10th, 12:30 – 2:00pm, Multi-Purpose Room

Come join other individuals who love to play Board Games, Rummikub, Dominos, and other games. Bring your own game and teach others how to play! Come ready to laugh and have fun!

Crochet/Knitting Club

Friday, September 12th, 1:00 – 2:00pm, Multi-Purpose Room

Do you like to crochet or knit? Do you have yarn you would like to use? Join us, use your own pattern, or use one we have. We can teach basic crochet skills if you would like to learn! OR, join us for games and conversations. All games are provided.

Lunch Brunch: Gators Dockside at Murabella

Friday, September 19th, 12:30 – 2:00pm, Meet at Gator Dockside 105 Murabella Parkway

Join us for food and friendship. Please reserve your spot in the app!

Members will be responsible for paying for their own meals.

BINGO!

Wednesday, September 24th, 1:00 – 2:00pm, Multi-Purpose Room

Join us as you yell... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh!

Color Me Calm

Friday, September 26th, 1:00 – 2:00pm, Multi-Purpose Room

Join us for calm coloring, or amazing brain games such as sudoku, crossword puzzles, or regular puzzles. All items provided.