



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 WILDLIGHT | 251 Breezeway Street | 904.849.9622 | **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.

Walking Club

Saturdays, September 6th, 13th, 20th, and 27th, 9:00 – 10:00am, Upstairs Walking Track

Come with your walking shoes on as you join Mrs. Evelyn for some walking and talking.

BINGO!

Thursdays, September 4th, 12:00 – 1:00pm, Teen Center

Who doesn't love the classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **Feel free to bring lunch or a snack to enjoy while playing.**

Chat & Chew

Tuesday, September 9th, 11:30am – 12:30pm, Teen Center

Come hang out with us and enjoy some light refreshments and even better conversation! Feel free to bring your lunch, bring a friend, and enjoy a casual hour of chatting, laughing, and connecting.

Arts & Crafts: Patriot Craft

Thursday, September 11th, 12:00 – 12:30pm, Teen Center

Join us for a quick and creative crafting session! In honor of Patriot Day, we'll be making patriotic-themed crafts to show our appreciation and remembrance. All supplies provided so just bring your creativity!

Game Day

Tuesday, September 16th, 12:15 – 1:00pm, Teen Center

Take a break and join us at the Teen Center for some friendly competition! We'll be playing UNO, Connect Four, I Declare War, and more. **Feel free to bring a snack or your lunch, and get ready for some fun!**

Lunch Bunch

Wednesday, September 17th, 12:15 – 2:00pm, Bohemian Bull

Join us at Bohemian Bull for some delicious half-priced burgers and great convo. **PLEASE be sure to reserve your spot in the app by Tuesday, September 16th**, so we can call to get a reservation!

Participants will be responsible for paying for their own meals.

Arts & Crafts: Fall Craft

Tuesday, September 23rd, 12:15 – 1:00pm, Teen Center

Celebrate the start of the season with a fun fall-themed craft! We'll use autumn colors and cozy materials to create something festive. All supplies provided so just bring your imagination!

Coffee and Convo

Wednesday, September 24th, 9:00 – 10:00am, Lobby

Start your morning with a warm cup of coffee and great conversation! Join us in the lobby for a relaxed hour of chatting, connecting, and community.

Brunch and Learn with Y Healthy Living: Fall Prevention and EnhanceFitness

Wednesday, September 24th, 10:30 – 11:30am, Teen Center

Come join us for a presentation on fall prevention and our upcoming program, EnhanceFitness, from our YMCA Healthy Living team. Brunch will be provided to all participants. Registration in our app or online is required.

Tech 101

Tuesday, September 30th, 12:00 – 1:00pm, Teen Center

Technology can be a bit difficult and so much is changing rapidly, so bring your phone, laptop or tablet in and we will help you step by step through issues you may be having.