



A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | September 2025



This month, the YMCA of Florida's First Coast recognizes Falls Prevention Awareness by reminding you that we're here to help! Our **ENHANCE®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." 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.



**Mark your calendars for
Healthy Aging Day!
Saturday, October 11th
9:00am to 12:00pm**



IT'S NEVER TOO LATE TO FEEL GREAT.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | **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.

BOOK CLUB

WEDNESDAY, SEPTEMBER 3rd from 12:30 – 2:30 p.m., Studio A

Join us to discuss The Bangalore Detectives Club, by Harini Nagendra

TECH 101

THURSDAY, SEPTEMBER 4th from 10:00 – 10:45 a.m., Wellness Center

Come get answers to any questions you may have about The Y App!

LINE DANCE FUNDRAISER

FRIDAY, SEPTEMBER 26th from 6:00 – 8:00 p.m.

Come out and have fun with the latest line dance moves while raising money in support of the Y's community offerings! Cost: \$15 for members.

Registration is required; please visit the Welcome Center to reserve your spot!

BIBLE STUDY

WEDNESDAY, SEPTEMBER 10th from 12:30 p.m. – 1:30pm, Studio A

Let's Be inspired as we study together. Refreshments served. All Denominations welcome.

BOWLING

WEDNESDAY, SEPTEMBER 17th from 12:15 – 2:15p.m., King Pin Lanes (5310 Lenox Ave.)

Get out and knock over some pins. You get shoes, two games, and a hotdog lunch for \$8.50.

Reserve your spot in the app. Payment must be made at the Bowling Alley.

ARTS & CRAFTS: SCRAPBOOKING

MONDAY, SEPTEMBER 22nd from 1:00 - 3:00pm, KidZone

Join us as we organize memories. Bring your own book and crafts – we will have glue and some extras available.

BINGO & BIRTHDAYS

WEDNESDAY, SEPTEMBER 24th from 12:15 – 1:45 p.m., Studio A

Join us for an afternoon shouting your favorite word—BINGO! At the same time, let's celebrate our fellow members with September birthdays! We will have prizes for winners, fun with friends, and lots of laughs.

QUILTING

Monday, September 29th 12:30 - 2:30p.m., KidZone

Come with your questions and be ready for a fun time!!!!

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win prizes!

Pick up your card at the Welcome Center today!