



A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | September 2026



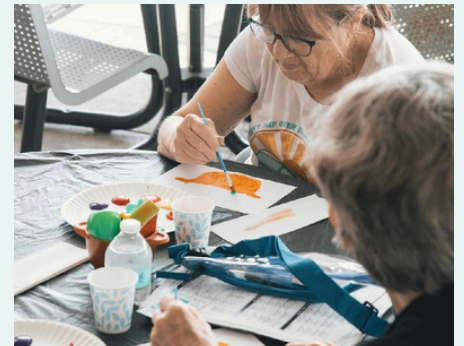
Healthy Aging Day Is Coming October 17th

DATE | OCTOBER 17TH

FREE COMMUNITY EVENT

Stay active. Stay connected. Live healthier.
Save the date and join us at the Y!

Celebrate Healthy Aging Day with us at the YMCA! Join your community for a FREE event designed to help you stay active, social, and healthier at every age. Move your body, connect with others, learn about healthy living, and discover the many ways the Y can support your wellness journey. Whether you're trying something new, meeting new people, or focusing on your health, Healthy Aging Day is the perfect opportunity to get moving and have fun!



Moving Day

A Walk for Parkinson's®

SATURDAY, OCTOBER 10, 2026 | 9:00 AM
ED AUSTIN REGIONAL PARK

Join our Jacksonville community to honor loved ones, raise funds, support people living with Parkinson's disease, and celebrate the power of movement. Bring family and friends and join hundreds of community members making a difference.



Moving Day Jacksonville

A Walk for Parkinson's

Saturday, Oct. 10, 2026
Activities Begin: 9:00 AM

Ed Austin Regional Park, 11751 McCormick Rd.

Register Today!

MovingDayJacksonville.org



WE CARE. WE FIGHT. WE MOVE.

AT MOVING DAY, A WALK FOR PARKINSON'S, we honor loved ones, raise funds, fight Parkinson's disease and celebrate the power of movement—shown to help manage symptoms. Join us as a team member, sponsor or volunteer, and be part of hundreds coming together to make a difference in your community and push closer to a cure.

Contact: Angela Watkins
awatkins@parkinsons.org

LOCAL SPONSORS





BARCO NEWTON FAMILY YMCA

2075 Town Center Blvd.

904.278.9622

September 2026
Events and Activities

cszczukowski@fcymca.org

Events are offered at no cost and require reservations, with reservations open at newsletter publication time (unless otherwise noted).

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

Senior Chair Volleyball

Every Wednesday and 12:30 – 1:30pm, Gymnasium

Join Cholita on Wednesdays, along with your Y friends, for a great workout while being competitive and having fun! **If you are new to the Y (and Chair Volleyball!), join us on Thursdays to learn more about the game.**

Chair Volleyball 101

Every Thursday, 12:30 – 1:30pm, Gymnasium

FOR NEW PLAYERS ONLY, please...join Christy on Thursdays in September to experience and participate in Chair Volleyball! Learn how to play the game while meeting new Y friends!

****Reservations for Chair Volleyball 101 will open 24 hours in advance (Wednesdays at 12:30pm).**

Coffee and Convo

Fridays, September 11th and 25th, 10:30am - 12:00pm, Common Area

Come for coffee and fellowship! Book Club will join on the 25th. Please bring a sweet treat to share (optional).

Walking Club: 30 Minute Wellness Walk

Wednesdays, September 2nd, 16th, and 30th, 9:00 – 9:30am

Meet in the Lobby

Get your cardio in and join us for a 30-minute wellness walk around the surrounding grounds of the Y to warm up the body for the day! **BRING A BUDDY!**

Presentation: How to Spot Scams and Avoid Identity Theft

Thursday, September 17th, 11:15am – 12:15pm, Family Activity Center

Listen and learn how to spot scams and avoid identity theft. In today's climate, it's almost impossible to recognize...and sometimes, it's too late! Presented by Ted Doss with VyStar.

Bingo

Thursday, September 24th, 4:00 – 5:30pm, Family Activity Center

Come enjoy a night of fun, fellowship, and a chance to win a surprise "prize". All attendees will have their name in the drawing and those who win at bingo will add their name each time they win – better chance to win! Please bring an appetizer to share (optional).