



A NEWSLETTER FOR ACTIVE OLDER ADULTS

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



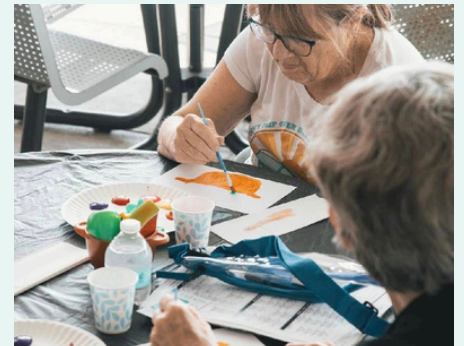
Healthy Aging Day Is Coming October 17th

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





BROOKS FAMILY YMCA

10423 Centurion Parkway N.

904.854.2000

September 2026 Events and Activities

bgaultney@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](https://fcymca.org).

BIBLE STUDY

Every Friday, 12:00 – 1:00pm, Studio D

All denominations are welcome. Weekly reading of devotionals and related scripture.

GAME DAY: SCRABBLE

Tuesdays, September 1st and 15th, 11:30am – 12:30pm, Studio D

This month we'll be featuring **SCRABBLE**! Combine strategy and luck as you discover new words and laugh at the creativity of your friends. A favorite for players of all skill levels! Other games will be available but we are featuring a new game each month.

AMERICAN MAHJONG

Wednesdays, September 2nd and 16th, 10:00 – 11:00am, Studio D

Tuesdays, September 8th and 22nd, 11:30am – 12:30pm, Studio D

Enjoy this fun, social tile game that combines strategy, skill, and a little luck. Players work to complete specific tile combinations using the official card. A great way to challenge your mind while enjoying time with friends!

LUNCH BUNCH

Monday, September 7th, 12:30 – 1:30pm, Jason's Deli (4375 Southside Blvd, Jax, FL 32216)

Join us for food, fellowship and FUN! **Participants will be responsible for their meal.**

NEW MEMBER ORIENTATION

Wednesday, September 9th, 1:15 – 2:15pm, Studio D

Learn how to make the most of your YMCA membership! Learn about Y Rewards, registering for group classes, Fast Forward Fitness, and much more. A great way to get connected and start reaching your wellness goals!

BOCCE BALL

Wednesday, September 16th, 11:45am - 12:45pm, Studio B

This fun, low-impact game is easy to learn and enjoyable for all skill levels. Take turns rolling bocce balls to get as close as possible to the target ball. Game can be played standing or seated.

VOLUNTEER MEETING

Thursday, September 17th, 10:30 – 11:30am, Studio D

Volunteering at the Y is a meaningful way to give back and make a real difference in your community. Learn about all the wonderful opportunities to lend your time and talent to the Brooks Y!

BINGO!

Thursday, September 17th, 12:00 – 12:30pm, Conference Room

Join us as we yell our favorite word – BINGO! Small prizes are awarded to the winners.

MEDICARE EDUCATION SESSION with United Healthcare

Friday, September 18th, 12:00 – 1:00pm, Conference Room

Join United Healthcare to learn about Medicare options available in the upcoming Open Enrollment season.

MEDICARE 101 Presentation

Wednesday, September 23rd, 12:00 – 1:00pm, Conference Room

A Medicare Educational Event with independent broker David Palmieri from the Senior Resource Group. Learn about changes to Medicare for 2027...get your questions answered! **Registration is REQUIRED. Lunch will be provided to all registrants.**

BOOK CLUB: Books at Brooks

Thursday, September 24th, 2:15 – 3:15pm, Studio D

Join us to discuss A Sorceress Comes To Call by T. Kingfisher, in which a young girl discovers her mother is an evil sorceress and decides she must save her people. Reading the book is encouraged, but not required. Our 2026 Book List available upon request.