



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





BROWN FAMILY YMCA

170 Landrum Lane

904.543.9622

SEPTEMBER 2026
Events and Activities

dthoresen@fcymca.org

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

Reservations can be made in our FCYMCA app (select 'Classes' and filter by

Healthy Aging class type) or online at fcymca.org.

WOMEN'S BIBLE STUDY

Every Wednesday, 9:15 - 10:15am, Horschel Center for Health & Wellbeing

Come connect, learn, and be encouraged. We'd love to have you join us...all denominations welcome!

(Registration Class Name - Healthy Aging Bible Study)**

CANASTA

Every Friday, 12:45 - 2:45pm, Horschel Center for Health & Wellbeing

Join us for Canasta. Whether you're a seasoned player, just starting out or want to learn to play, everyone is welcome.

(Registration Class Name - Healthy Aging Canasta)

GAME DAY

Thursday, September 3rd, 12:45 - 2:45pm, Horschel Center for Health & Wellbeing

Come enjoy **Rummikub, Mexican Train, Canasta, Scrabble, and Clue** – or feel free to bring your favorite game to share and play. **(Registration Class Name - Healthy Aging Game Day)**

TECH 101: TECH HELP WITH DAVID

Thursday, September 10th, 10:30am - 12:00pm, Lobby

Need help with your devices? Bring your smartphone, Laptops, E-reader and your tech questions. David will be on hand to help with your technological needs. **(Registration Class Name - Healthy Aging Tech 101)**

BOOK CLUB

Thursday, September 17th, 11:30am - 12:30pm, Horschel Center for Health & Wellbeing

Join us for a lively discussion of the book **"The Ride of Her Life"** by Elizabeth Letts. If you haven't had a chance to read the book, we'd still love for you to attend. **(Registration Class Name - Healthy Aging Book Club)**

LUNCH BUNCH

Thursday, September 17th, 1:00 - 2:30pm, Mr. Chubby's Wings (150 Valley Circle, PVB)

Come enjoy a yummy lunch together while socializing with friends or maybe even making a few new ones. **Participants responsible for paying for their own meals.** **(Registration Class Name - Healthy Aging Lunch Bunch)**

MEDITATION WITH EMILE

Thursday, September 24th, 1:00 - 2:00pm, Horschel Center for Health & Wellbeing

Take a pause from the noise and reconnect with yourself. Join our Meditation Class and experience calm, clarity, and balance—one breath at a time. **(Registration Class Name - Healthy Aging Meditation)**

September Mahjong Events

MAHJONG TEA – CELEBRATING 2 YEARS OF MAHJONG AT THE BROWN FAMILY YMCA

Wednesday, September 16th, 12:00 - 3:00pm, Horschel Center for Health & Wellbeing

Join us for a fun afternoon with tea, delicious treats, Mah Jong trivia followed by playing Mah Jong as we celebrate two years of fun, friendships and playing Mah Jong together. **(Registration Class Name - Healthy Aging Celebration)**

MAHJONG 101: LEARN TO PLAY MAHJONG (INSTRUCTOR PRESENT)

Wednesdays, September 9th and 30th, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing

If you're new to the game, come by on one of these days to learn from experienced instructor...then stay to play and practice your new skills. **(Registration Class Name - Healthy Aging Mahjong 101)**

ALL-LEVEL MAHJONG (NO instructors present except on Mah Jong 101 dates above)

Every Wednesday, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing

Come join us every Wednesday for Mahjong, whether you're a seasoned player or a beginner.

(Registration Class Name - Healthy Aging All Lvl Mahjong)

SKILLED MAHJONG (NO instructors OR instructions)

Every 2nd Thursday, September 10th, 12:45 - 2:45pm, Horschel Center Health & Wellbeing

Calling all Master Mahjong players: come join us! Please come ready to sit down and play.

(Registration Class Name - Healthy Aging Skilled Mahjong)