



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





DYE CLAY FAMILY YMCA

3322 Moody Avenue
904.272.4304

SEPTEMBER 2026 Events and Activities

ksutton@fcymca.org

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

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

If you are unable to keep your reservation(s), PLEASE CANCEL out of consideration for others.

COFFEE AND CONVO

Thursday, September 3rd, 9:30 – 10:30am, Lobby

Join Kimberly to enjoy a cup of coffee, connect with friends, and learn about upcoming Healthy Aging events, classes, and activities. Whether you're new to the YMCA or a familiar face, everyone is welcome.

MUSIC BINGO, sponsored by ArchWell Health

Monday, September 7th, 12:30 - 1:30pm, Youth Center

Join us for Movie-Themed Music Bingo with ArchWell Health, featuring favorite songs from the big screen, fun, prizes, and plenty of chances to sing along!

Senior Chair Volleyball

Tuesday, September 8th, 12:45 - 1:45pm, Gymnasium

Join us for Senior Chair Volleyball, a fun and engaging game that's easy on the joints and great for staying active! Improve coordination, mobility, and teamwork while enjoying friendly competition and lots of laughs. All skill levels are welcome. **20 spots available...be sure to make your reservation!**

ARTS AND CRAFTS: Paint with Jackie

Friday, September 11th, 12:30 - 2:30pm, Youth Center

Join us for Paint with Jackie and get creative with a fun fall project! Jackie will guide you step-by-step as you paint an adorable scarecrow, perfect for adding a little autumn charm to your seasonal décor. **12 spots available...be sure to make your reservation!**

GAME DAY: Yahtzee

Tuesday, September 15th, 12:30 - 1:30pm, Youth Center

Join us for a fun game of Yahtzee filled with friendly competition, lots of laughs, and a chance to roll your way to victory! **15 spots available...be sure to make your reservation!**

LUNCH & LEARN: VIP Care with Dr. Hollinger and Chef Maya

Thursday, September 17th, 12:30 - 1:30pm, Youth Center

Join us for Cook & Eat with VIP Care, where Chef Maya and Dr. Hollinger will share delicious anti-inflammatory foods, healthy eating tips, and a meal for everyone to enjoy! **15 spots available...be sure to make your reservation!**

Bible Study with Charles

Monday, September 21st, 12:30 - 1:30pm, Youth Center

Come together for fellowship, meaningful discussion, and time in God's Word. This month, we'll be discussing God's Timing and reflecting on Psalm 33:4 and Ephesians 3:20. All denominations are welcome!

PARTY AND PLAY: Bingo and Birthdays

Tuesday, September 22nd, 12:30 - 1:30pm, Youth Center

Fun, prizes, and more!!! If you are celebrating a birthday in September, stop by BINGO and enjoy a sweet treat with your friends and family.

BRUNCH BUNCH

Friday, September 25th, 12:00 - 2:00pm, Grumpy's Restaurant (834 Kingsley Avenue, Orange Park)

Meet us at Grumpy's Restaurant for lunch, fellowship, and good company. Transportation will not be provided. **32 spots available...be sure to make your reservation!**