



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





JOHNSON FAMILY YMCA

5700 Cleveland Road

904.765.3589

SEPTEMBER 2026 Events and Activities

fmcglown@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.

AOA (ACTIVE OLDER ADULTS) MEETING

Tuesday, September 1, 9:30 – 10:30 am, Pre-Teen Center

All are welcome to attend.

BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays, September 2, 9, 16, 23 and 30, 10:00 – 11:00am, Pre-Teen Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, September 2, 9, 16, 23 and 30, 1:00 – 2:00pm, Front Lawn

Come learn about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

FOOD PANTRY WEDNESDAYS & FRIDAYS at Johnson Family YMCA

Wednesdays, 3:00 – 5:00 pm AND Fridays, 12:00 – 2:00pm

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. **While supplies last. All are welcome to attend, no registration required. Valid ID needed for first visit.**

OLDIES BUT GOODIES BINGO

Tuesday, September 8, 11:00am – 12:00pm, Pre-Teen Center

Join us for an interactive game and throwback party where traditional bingo numbers are replaced with popular oldies but goodies song titles from the 50s, 60s, 70s & 80s. All are welcome to attend.

CROCHET CLASS

Monday, September 14 and 21, 10:00 – 11:30am, Pre-Teen Center

Whether you are just starting out crocheting, or you have been crocheting for years, this crochet class is for you.

SEPTEMBER MEMBER APPRECIATION: PUMPKIN SPICE & EVERYTHING NICE!

Tuesday, September 22nd, 3:00 – 5:00pm, Healthy Living Center

Warm up with pumpkin spice beverages and doughnuts for September's Member Appreciation, Birthdays, and Recognitions while supplies last. All are welcome to attend. **Please be sure to reserve your spot in the app or online so we can have an accurate head count.**

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, September 21, 11:00am – 12:30pm, Pre-Teen Center

Introducing "Conversations with Sandra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

GAME DAY: DEAL ME IN! CARD GAME CLUB

Tuesday, September 22, 11:30am – 12:30pm, Pre-Teen Center

Come together to play, trade, and explore various card games, like Bid Whist, Spades, and Down & Dirty, honing in on strategies and skills with new friends.

CULTURE CLUB: ST. AUGUSTINE DAY CRUISE & SHOPPING TRIP

Monday, September 28, 9:30am – 4:00pm, 107 Yacht Drive, St. Augustine, FL 32084

The Culture Club is day cruising with the dolphins in St. Augustine followed by some shopping and lunch on your own. **Tickets are \$75 for members and \$85 for non-members. Visit the Welcome Center to reserve your spot and make payment. Transportation and day cruise are included. Lunch will be available for purchase. Limited capacity. Get your ticket early.**