



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





MCARTHUR FAMILY YMCA

1915 Citrona Drive

904.261.1080

September 2026 Events and Activities

cbutler@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.

Game Day! Board & Card Games

Wednesday, September 2 & 16th, 3:00 – 4:30pm, Lobby

Bring your favorite board or card games for some friendly competition! Variety of games provided onsite.

Walking Club: Walk the Beach with Friends!

Friday, September 4th, 9:00 – 10:00 am, Meet at Main Beach Parking lot

Enjoy our beautiful coast and walk with friends. We'll walk just before low tide so we will have stable footing and not be walking in the loose sand. We'll spend 30-45 minutes together.

Arts and Crafts: Paint Seashells

Tuesday, September 8th, 10:15 – 11:15am, Hangtime Room

Decorate seashells with decoupage and cutout designs. Bring a friend or make a new one. **Limit of 8 participants...be sure to make your reservation early!**

Special Class: Evermotion Dance Pop-Up

Thursday, September 10th, 1:00 to 2:00pm, Studio A

Learn about Evermotion by participating in a one time starter class offered by Jacksonville Dance theater. This is a movement based initiative designed to empower older adults by enhancing functionality and stability. **Limit of 35 participants...be sure to make your reservation early!**

Field Trip: Amelia Island Art Gallery Tour

Tuesday, September 15th, 11:00am – 12:00pm, Meet at Amelia Island Art Gallery (18 N 2nd Street)

Meet Amelia Island Artist of the year, Chris Partleton. Learn about events and classes to get more art and music into your life. **Limit of 20 participants...be sure to make your reservation early!**

Arts and Crafts: Paint a Butterfly

Wednesday, September 16th, 10:30 – 11:30am, Hangtime Room

Learn how to use oil pastels to paint a simple design. Bring a friend or make a new one. Supplies provided.

Limit of 8 participants...be sure to make your reservation early!

Pickleball 101

Thursday, September 17th, 9:00 – 10:00am, Gymnasium

Learn the basics of pickleball. Beginners only.

Limit of 12 participants...be sure to make your reservation early!

Walking Club: Japanese Walking Method

Fridays, September 18th & 25th, 9:00 – 10:00 am, Meet on the porch

Meet new friends and boost the benefits of your walking practice. Walk 3 minutes at an elevated pace, then 3 minutes at a recovery pace for 30-45 minutes to improve leg strength and heart health

Tech 101: All Things FCYMCA

Tuesday, September 22nd, 10:30 – 11:30am, Lobby

We'll explore the FCYMCA app and website, and answer some basic questions about managing passwords, as well as your phone and tablet display.

Arts and Crafts: Introduction to Watercolor

Wednesday, September 23rd, 4:00 – 5:00pm, Inkwell Art Bar (1925 S 14th Street)

Paint a simple watercolor using liquid watercolors. Supplies provided to allow you to make 2 cards to mail to a friend or keep for yourself. **Limit of 8 participants...be sure to make your reservation early!**

Medicare Education Session with United Healthcare

Tuesday, September 29th, 1:00 – 2:00pm, Studio A

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