



A NEWSLETTER FOR ACTIVE OLDER ADULTS

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



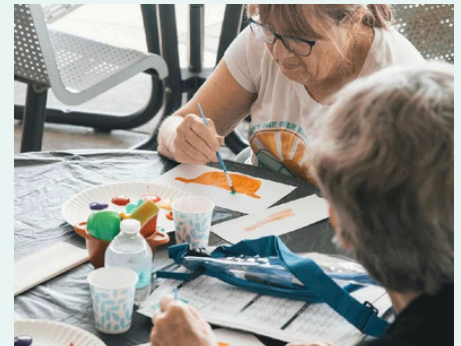
Healthy Aging Day Is Coming October 17th

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





ST. AUGUSTINE YMCA

500 Pope Road / 904.471.9622

WEST AUGUSTINE YMCA

938 West King Street / 904.856.9622

SEPTEMBER 2026 Events and Activities

awhitney@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.

EVENTS at ST. AUGUSTINE FAMILY YMCA (Pope Road)

WALKING CLUB

Every Thursday, 7:30 - 8:15am, meet in the Lobby

Join Dawn every Thursday to enjoy a walk to the pier and a view of the beach!

BEGINNER LINE DANCING

Tuesdays, September 1st and September 15th, 1:30 – 2:15pm, Studio A

Join Lori for a beginner-friendly line dancing class! Put your dancing shoes on and enjoy easy to follow dances, great music, and a fun opportunity to connect with friends!

Medicare Education Session with United Healthcare

Tuesday, September 8th, 1:30 – 2:30pm, Studio A

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

BIBLE STUDY

Wednesdays, September 9th and September 23rd, 1:30 – 2:00pm, Studio A

Join LaVay for a meaningful time of Bible study, fellowship, and encouragement. All denominations are welcome as we grow in faith through scripture and uplifting discussion.

ARTS and CRAFTS for GRANDPARENTS DAY

Saturday, September 12th, 10:00 – 11:30am, Outside Patio

Enjoy this creative birdhouse painting class on your own, or share the experience with your grandchildren. It's the perfect opportunity to relax, have fun, and create a special keepsake.

SPECIAL EVENT: WESTERN DANCING PARTY

Saturday, September 26th, 4:00 – 6:00pm, Gymnasium

Grab your hat & boots and join us for a fun-filled Western Dance Party! Enjoy great music, dancing, laughter, and good times with friends.

COFFEE and CONVO: NATIONAL COFFEE DAY

Tuesday, September 29th, 9:00 – 11:00am, Lobby

Join us for delightful conversation over a cup of coffee to celebrate national coffee day!

BIRTHDAY PARTY

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

Please join us in celebrating yours or someone else's birthday for the month of September.

EVENTS at WEST AUGUSTINE YMCA (King Street)

MAHJONG

Every Wednesday, 12:30 - 3:30pm, Wellness Room

Let's get ready for some Mahjong!

Medicare Education Session with United Healthcare

Tuesday, September 22nd, 10:00 – 11:00am, Wellness Room

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