



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





WINSTON FAMILY YMCA

221 Riverside Avenue

904.355.1436

SEPTEMBER 2026
Events and Activities

kplum@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.

Crochet / Knitting Class

Mondays, 1:30 – 3:30pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

Party & Play: Birthdays and BINGO

Tuesday, September 1st, 10:00 – 11:00 am, Teaching Kitchen

Come celebrate our fellow members with September birthdays...and enjoy some BINGO fun!

Bible Study

Friday, September 4th, 10:00 – 11:00am, Teaching Kitchen

Studying from Joyce Meyer's *In Search Of Wisdom, Life Changing Truths From The Book Of Proverbs*. Available on Amazon. Reading from Proverbs Chapter 9. Please bring your Bible and Notebook as well. All denominations are welcome!

Medicare Education Session with United Healthcare

Wednesday, September 9th, 10:00 – 11:00am, Teaching Kitchen

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

Grandparents Day Event: Rock Painting with Grandparents

Saturday, September 12th, 1:00pm – 2:00pm, Teaching Kitchen

Celebrate Grandparents Day with a fun and meaningful afternoon of **rock painting with grandparents!** Families will create colorful, encouraging rocks together, and the finished rocks will be donated to the **Ronald McDonald House** to help brighten someone's day.

Visit the Welcome Center to reserve your spot for this fun multi-generational event!

Coffee & Convo

Tuesday, September 15th, 10:00 – 11:00am, Teaching Kitchen

Join us for some coffee and fellowship.

Bowling

Wednesday, September 16th, 12:00 – 1:30pm, Batt Family Fun Center (1838 Cassat Avenue)

Join us for some bowling fun & healthy competition. \$15.00 gets 2 full games on private lanes. Lunch & Shoes not included. ***Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!***

Cooking Demo

Friday, September 18th, 11:00am – 12:00pm, Teaching Kitchen

Cooking demonstration with Kerri Napoleon, RDN. **Reservations required!**

Book Club

Tuesday, September 22nd, 10:00 – 11:00am, Teaching Kitchen

Come engage in a healthy literary discussion of Fahrenheit 451, by Ray Bradbury.

Painting Party

Friday, September 25th, 10:00 – 11:30am, Teaching Kitchen

Come unleash your inner artist....no experience required!

Lunch Bunch

Tuesday, September 29th, 11:45am – 1:00pm, The Brick Restaurant (3585 St Johns Ave)

Join us for food, fun, and friendship. One lucky participant will have their lunch covered by the Y!

Participants are responsible for paying for their own meals.