



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@parkinson.org

LOCAL SPONSORS





YMCA AT BAPTIST NORTH

11236 Baptist Health Dr.

904.592.9622

SEPTEMBER 2026 Events and Activities

tcruz@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.

BOARD GAMES

Wednesday, September 2nd, 12:30 - 2:30pm Studio B

Join us for an afternoon of friendly competition! Chess, Chinese Checkers, Spades and Bid Whist. Enjoy these with your fellow Y members! Bring a snack to share.

TECH 101

Thursday, September 3rd, 10:15 - 11:00am, Wellness Center

Come let us help you download and use the FCYMCA app! and learn about rewards points. Smartphones help older adults stay connected, track health, and learn new skills when used with simple daily habits. Presented by Dr. Nikki Anthony from our Advisory Board at Baptist North.

BOOK CLUB

Wednesday, September 9th, 12:30 - 2:30pm, Studio A

Join our Baptist North Healthy Aging book discussion! This month's book is The Indigo Girl By Natasha Boyd. Book is available for check out at the Public Library. Bring snack to share!

KARAOKE PARTY: GOLDEN OLDIES

Friday, September 11th, 1:00 – 3:00pm, Wellness Center

Join us for a fun filled afternoon of Golden Oldies 50's, 60's and 70's Rock, Pop and Motown. Grab a friend and let the fun begin. Light refreshments served.

BOWLING

Wednesday, September 16th, 12:30 - 2:30pm, Batt Family Fun Center (1838 Cassat Ave)

Get out and knock over some pins! You get two games, shoes for \$10.99 **Registration is required.**

Payment can be made directly to the Fun Center.

PARTY AND PLAY: BINGO AND BIRTHDAYS

Wednesday, September 23rd, 12:30 - 2:30pm, Studio B

Join us for an afternoon shouting your favorite word...BINGO. At the same time, let's celebrate the September birthdays of our fellow members!

CLASSIC BAKE SALE

Friday, September 25th, 9:00am - 12:00pm, Lobby

Come and support our contribution to our LiveStrong at the YMCA program. Donate and receive a homemade treat. Cupcakes, cookies, brownies, mini pies and coffee.

WALKING CLUB: MILES FOR MAMMOGRAM

Wednesday, September 30th, 9:30 – 11:30am, Meet in the Wellness Center

Walk on our outdoor trail as we raising the bar for breast health! Wear PINK in support of Breast Health Awareness and to enter into the drawing to win a \$50 gift card.