



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





YMCA AT FLAGER HEALTH VILLAGE

98 Turin Terrace

904.500.9622

SEPTEMBER 2026 Events and Activities

Idole@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.

Mahjong Mondays

Every Monday, 12:30 - 3:00pm, Multi-Purpose Room

Calling all Mahjong players! Join us for fun Monday afternoons playing American Mahjong!

Mahjong 101 (September 21st, 12:30 – 3:00pm) The **third Monday** of the month will be a time when members can learn about the game and be taught how to play as seasoned players continue with Mahjong Mondays!

Special Class: Qigong

Every Friday in September, 9:30 - 10:30am, YMCA Multi-Purpose Room

Qigong refers to energy, breath, and Gong means practice or cultivation. Qigong was developed to promote wellness, longevity, mental clarity and creativity as part of eastern practices. **Must sign up in the app to reserve your spot.**

Book Club

Tuesday, September 8th, 1:00 - 2:00pm, Trinity North: Cultivate Tea & Spice

Kin, by Tayari Jones. *Kin* is about exuberant, emotionally rich, unforgettable work from one of the brightest and most irresistible voices in contemporary fiction.

Bible Study

Wednesdays, September 16th and 30th, 1:30 – 3:00pm, Multi-Purpose Room

Our fellow members and volunteers, Alen Felumlee and David Greer, will be leading our community in faith-based studies. All denominations are welcome.

Game Day!

Friday, September 11th, 12:30 - 1:30pm, Multi-Purpose Room

Join us for a fun game of Mexican Train dominoes. If dominoes is not for you, we also have Scrabble and Rummikub. Come with a smile and willingness to meet new people and learn a new game.

Recipe Swap: Healthy Choices

Friday, September 18th, 12:30 - 1:30pm, Multi-Purpose Room

Join us as we share our favorite recipes with each other. Bring a sample of what you enjoy eating and a favorite cookbook. This is a great time to share healthy cooking and snacks.

Men's Book Club

Tuesday, September 22nd, 1:00 - 2:00pm, Multi-Purpose Room

Our first book is: **The Searcher** by Tana French, it's part of the Cal Hooper series. Brent, who has facilitated book club in the past, has agreed to facilitate our first meeting. Please have the book read before the 22nd.

BINGO!

Wednesday, September 23rd, 1:00 - 2:00pm, Multi-Purpose Room

Join as you yell your favorite word... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh! You won't want to miss it!

Medicare Education Session with United Healthcare

Thursday, September 24th, 1:30 – 2:30pm, Multi-Purpose Room

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

Lunch Bunch: Two Creeks Bar & Grill

Friday, September 25th, 12:30 – 2:00pm, meet at Two Creeks (74 Capulet Drive)

Join us for fun, food, and friendship! **Members will be responsible for paying for their own meals.**