



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 NOCATEE

400 Colonnade Drive

904.671.9622

SEPTEMBER 2026

Healthy Aging Activities

ebloomberg@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 Meetup

Every Friday, 2:00 - 5:00pm, Teen Center

Join fellow experienced players for a game that sharpens the mind and brings friends together!

Medicare Education Session with United Healthcare

Thursday, September 10th, 11:00am – 12:00pm, Baptist Healthy Living Center

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

Game Day with Grandparents

Sunday, September 13th, 11:30am – 12:30pm, Teen Center

Bring your grandkids to celebrate Grandparent's Day with games like Uno and Match Game.

Lunch Bunch

Monday, September 14th, 1:30 – 2:30pm, First Watch (295 Pine Lake Drive, C105)

Meet up for a fun lunch with Y friends! ***Participants will be responsible for paying for their own meals.***

Game Day

Tuesday, September 15th, 2:00 - 3:30pm, Teen Center

Join fellow members to play Mexican Train and other easy-to-learn games. Bring games you would like to play!

Puzzle Swap

Thursday, September 24th, 11:00 - 11:30am, Teen Center

Bring the puzzles you are finished with, swap them with fellow members, and have new puzzles to do!

Field Trip: Tour of K9s for Warriors

Friday, September 25th, 10:00 – 11:00am, K9s for Warriors (114 Camp K9 Road)

Tour K9s for Warriors' Headquarters and learn about the wonderful things they are doing for veterans and rescue dogs. ***Registration is required, and space is limited. Please be sure to reserve your spot today!** Transportation NOT provided.

Book Club

Tuesday, September 29th, 3:30 - 4:30pm, Teen Center

Join fellow book lovers for a discussion of the book Untamed: The Wildest Woman in America and the Fight for Cumberland Island, by Will Harlan.

Coffee and Convo

Wednesday, September 30th, 9:30 - 10:30am, YMCA Lobby

Enjoy lively conversation over coffee while making new friends!

Participants will be responsible for paying for their own coffee/food items.