



A NEWSLETTER FOR ACTIVE OLDER ADULTS

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



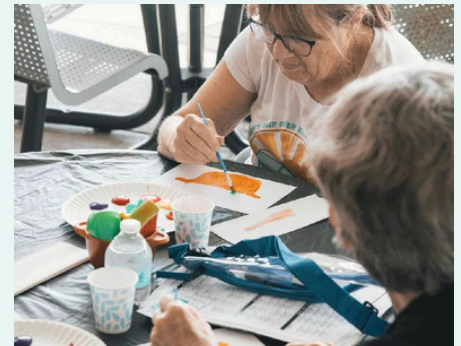
Healthy Aging Day Is Coming October 17th

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 WILDLIGHT

251 Breezeway Street
904.849.9622

September 2026
Events and Activities

sprentice@fcymca.org

Events are offered at no cost and require reservations (unless otherwise noted).

Reservations can be made in our FCYMCA app or online at fcymca.org.

Reservations are open at newsletter publication time and can be made at any time. There is no need to wait until 24 hours prior to event start time to reserve a spot in an event!

Walking Group

Saturdays in September, 9:00 – 10:00am, Upstairs Walking Track

Lace up your shoes and join Mrs. Evelyn for an hour of walking and talking! It's a great way to get moving, enjoy good company, and start your weekend off right. Some Saturdays include nature walks, community clean-ups, or trips to local spots like the farmer's market or blueberry farm. **Look for flyers so you know when the walking location will be somewhere other than the Y.**

Arts & Crafts: Fall Canvas Painting

Tuesday, September 8th, 12:00 – 1:00pm, Teen Center

Join us for a fun and creative **Fall Canvas Painting** as we get ready to welcome the season! Bring your creativity and enjoy an afternoon of fall fun! **Please feel free to bring lunch or a snack to enjoy while painting.**

BINGO!

Thursday, September 10th, 12:00 – 12:45pm, Teen Center

Who doesn't love a classic game of BINGO?! Win prizes, socialize...and shout your favorite word-BINGO! **Please feel free to bring lunch or a snack to enjoy while playing.**

Coffee (and Tea!) and Convo

Tuesday, September 15th, 9:30 -10:30am, Lobby

Stop by for a warm cup of coffee or tea and good conversation as we get ready to welcome Fall! Share about your week, chat about upcoming plans, and enjoy some cozy fellowship with friends.

Lunch Bunch

Thursday, September 17th, 12:15 – 2:00pm, Wildlight Grumpy's

Join us at Grumpy's for lunch! Come grab some good food, enjoy some great company, and take a little break with us! Come hungry and ready to have a good time! **Participants are responsible for paying for their own meals.**

Chat & Chew

Tuesday, September 22nd, 9:30 -10:30am, Lobby

Come hang out with us as we welcome the **first day of Fall!** Enjoy light refreshments and even better conversation. Bring your lunch, bring a friend, and spend time chatting, laughing, and connecting!

Feel free to bring a favorite fall dish or snack to share!

Game Day: Name that Tune

Thursday, September 24th, 12:00 – 1:30pm, Healthy Living Center

Come join us for Name That Tune! Presented by Mr. Chucke, this fun-filled game will test your music knowledge by seeing how quickly you can recognize your favorite songs. Enjoy friendly competition and win awesome prizes! Encourage a friend to sign up and join in on the fun! **If we have 10 or more participants signed up, lunch will be provided for FREE! Be sure to check the app to see how many spots are filled so you'll know if you need to bring your own lunch. Come enjoy great music, free food, and awesome prizes!**