



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





WILLIAMS FAMILY YMCA

10415 San Jose Blvd.

904.292.1660

SEPTEMBER 2026
Events and Activities

mlewis@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.**

Potluck: Aloha Summer Pool Party

Monday, September 7th, 10:00 - 11:30am (Labor Day)

Join the fun on the pool deck celebrating the holiday! Bring a dish and bring a friend! Sign up at the Welcome Center to bring a dish. Let's end Summer with a day of fun in the sun!

Bible Study

Every Friday, 12:30 - 1:30pm, Community Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Urban Soul Line Dancing

Friday, September 4th, 6:00 - 7:30pm, Studio A

Join the fun and bring a friend for some line dancing fun!! Learn some dances & enjoy an evening with friends.

Game Day

Tuesday, September 8th, 3:00 - 4:30pm, Community Center

It's time for PING PONG, card games and more! Also, enjoy a variety of different games. Bring your friends!

Special Event: 9/11 Tower Challenge & First Responder Support!

Friday, September 11th, 8:30 - 9:30am, Cardio Floor

Join us as we commemorate the **25th Anniversary of September 11th**, honoring and remembering the first responders and heroes of 9/11. Come cheer on firefighter **Nick Billups** as he takes on the Tower Challenge in their honor—**we climb because we remember**.

Families Unplugged: Lolli & Pop Activity

Friday, September 11th, 9:00 - 11:00am, Gazebo

Join us for a fun-filled morning celebrating our grandparents! Bring your grandkids and enjoy tea and snacks, arts and crafts, and games while creating special memories across generations. We look forward to celebrating with you. **Must register with the Welcome Center.**

Arts and Crafts

Tuesday, September 15th, 3:00 - 4:30pm, Healthy Living Center

Staff-led and loads of fun! Come join us as we Fall Into Creativity making a Dried Floral Vase & Book Mark!

Crochet Club

Tuesday, September 22nd, 3:00 - 4:30pm, Community Center

Come and enjoy crocheting with your Y friends...and even learn how to crochet. We will make various items to donate to other nonprofit organizations or keepsakes to take home.

Party and Play: Bingo & Birthdays!

Thursday, September 24th, 3:15 - 5:00pm, Community Center

School is back in session...and the seniors rule the school! Get ready for Senior Superlatives, cafeteria snacks, and maybe a pop quiz or two! Grab your bestie from class and don't be tardy!! See you there or be square!

Summer Pickleball Hours (new schedule starts August 10th)

Mondays - Fridays	1:15 - 4:00pm
Fridays, Beg Play & Instruction	11:30am - 1:00pm
Thursdays	8:00 - 10:30am
Sundays	10:00am - 12:00pm

If you would like to be a part of the 50 and Better volunteer team, we would love to chat with you! Please email Melinda Lewis at Mlewis@fcymca.org for more information!