



A NEWSLETTER FOR ACTIVE OLDER ADULTS

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



Healthy Aging Day Is Coming
October 17th, 9:00 am – 12:00 pm

DATE | OCTOBER 17TH
FREE COMMUNITY EVENT

Stay active. Stay connected. Live healthier.
Save the date and join us at the Y!

Diabetes Prevention Program

The YMCA's Diabetes Prevention Program is part of the CDC-led National Diabetes Prevention Program. This program helps those who have been diagnosed with prediabetes, or believe they may be at high risk of developing type 2 diabetes. This program is designed to help you adopt and maintain healthy lifestyle changes over the course of one year.

29 MILLION
AMERICANS HAVE
DIABETES

86 MILLION
AMERICANS HAVE
PREDIABETES

Source: Centers for Disease Control and Prevention (2014)
ymca.net/diabetes

EnhanceFitness®

A group exercise program that uses easy to learn movements. As a participant, you have the ability to track your performance and improve using validated information. Endorsed by the Center for Disease Control and Prevention, we are proud to be offering this program at many of our Family Facilities at the YMCA's of Florida's First Coast.

EnhanceFitness® (formerly Lifetime Fitness) is an evidence-based, community-delivered exercise program proven to increase strength, boost activity levels, and elevate mood. Certified EF instructors offer a program that focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.

Reach out to myhealth@fcymca.org or visit the front desk for more information!



BARCO NEWTON FAMILY YMCA

2075 Town Center Blvd.

904.278.9622

OCTOBER 2026

Events and Activities

cjenkins@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.

**Celebrate Healthy Aging Day at the Y, Oct 17th 9am-11:30am!
Register in the APP**

Senior Chair Volleyball

Every Wednesday 12:30 – 1:30 pm (Gymnasium)

Join Cholita on Wednesdays with your Y friends for a great workout, stay competitive, and have fun!

Learn to Play American Mahjong

Every Thursday 11:30 – 1 pm (Common area unless private room is available)

Learn the basics of American Mahjong in a fun, relaxed, beginner-friendly class! You'll learn the tiles, Charleston, card hands, rules, and scoring while practicing through guided play. No prior experience is necessary—just bring your curiosity and a willingness to have fun! Capped at 12 ppl – must register

Note: The Oct 22 time frame may move because the scheduled presentation ends at 12 noon.

Coffee and Convo

Fridays: October 9th and 23rd, 10:30-12:00 pm (Common Area)

Come for coffee and fellowship! Book Club will join on the 23rd; Bring a sweet treat to share!

Orientation: Intro to Machines

Wednesday, October 14, 2:00 - 3:00 pm (Wellness Floor)

Introduction to strength-toning machines / targeted muscle groups on our Wellness Floor, in a group setting.

Dinner Out: Santioni's Italian Restaurant

Tuesday, October 20th (offsite / capped at 25 – be sure to register)

Join us for food and friendship! Each participant is responsible for paying for their own meal.

Address: 3535 US Highway 17, Fleming Island, 32003

Presentation: Medicare Education Session with United Healthcare (tent)

Thursday, October 22nd, 11:00 – 12:00 pm (Family Activity Center)

Join the Y and United Healthcare to get information about your Medicare options in the new year. As we enter Open Enrollment season, this is a great opportunity to get your questions answered

Bingo Night

Thursday, October 29th, 4:00 pm – 5:30 pm, Family Activity Center

Come enjoy a night of fun, fellowship, and a chance to win a prize – bring a treat to share (optional)