



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!



BROOKS FAMILY YMCA
10423 Centurion Parkway N.
904.854.2000
OCTOBER 2026
Events and Activities
bgaultney@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.**

Bible Study

Fridays, 12:00pm - 1:00pm, Studio D

All denominations are welcome. Weekly reading of devotionals and related scripture.

Lunch Bunch

Monday, October 5th, 12:30pm - 2:00pm, Taichi Bubble Tea (12675 Beach Blvd)

Join us for food, fellowship, and FUN! ***Participants are responsible for paying for their meals.***

Healthy Aging Day Volunteer Meeting

Thursday, October 8th, 12:00pm - 1:00pm Studio D

Join us to learn about volunteer opportunities on Healthy Aging Day, Saturday, October 17th.

Games and Gab - Mexican Train

Tuesday, October 13th and October 27th, 11:30am - 12:30pm, Studio D

This month we'll be featuring **Mexican Train!** Come build a domino train! Explore a domino boneyard and more. A favorite for players of all skill levels. Other games will be available.

American Mah Jong

Tuesdays, October 6th & 20th 11:30am - 12:30pm, Studio D

Wednesdays, October 14th & 28th 10:00am - 11:00am, Studio D

Mahjong is a fun and social tile game that combines strategy, skill, and a little luck. Players work to complete specific tile combinations using the official cards- a great way to challenge your mind while socializing!

Volunteer Meeting

Thursday, October 15th 10:30am - 11:30am, Studio D

Volunteering at the Y is a meaningful way to give back and make a real difference in your community. Learn about all the wonderful opportunities to lend your time and talent to the Brooks Y!

Bocce Ball

Wednesday, October 21st, 11:45am - 12:45pm, Studio B

Indoor Bocce Ball is a fun, low-impact game that's easy to learn and enjoyable for all skill levels. Players take turns rolling bocce balls to get as close as possible to the target ball, making it a great way to stay active, socialize, and enjoy some friendly competition. Can be played standing or seated.

New Member Orientation

Wednesday, October 21st, 1:00pm - 1:30 pm, Studio D

Make the most of your YMCA membership! Join us to learn about all the benefits available to you, including Y Rewards, group fitness classes, complimentary Fast Forward Fitness personal training sessions, and more. It's the perfect way to get connected and start reaching your wellness goals!

Special Event: Healthy Aging Day

Saturday, October 17th 9:00am - 12:00pm Register in the APP

This event is open to the community. We will be showcasing what our Brooks Family YMCA has to offer our healthy aging community. Bring your kids & grandkids; this event is FREE!

BINGO!

Thursday, October 22, 12:00pm-2:30pm, Conference Room

Bingo is a fun, social game that's easy to learn and enjoyable for all ages. Players match numbers, with the excitement building as they get closer to calling "Bingo!" Small prizes are awarded to the winners.

BOOKS@BROOKS Book Club:

Project Hail Mary Thursday, October 29, 2:15pm - 3:15pm, Studio D

Join an astronaut as he solves a scientific mystery to save humanity from extinction as he is floating millions of miles from home. Reading is encouraged, not required. All are welcome.