



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!



BROWN FAMILY YMCA

170 Landrum Lane

904.543.9622

OCTOBER 2026

Events and Activities

dthoresen@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.

WOMEN'S BIBLE STUDY

Every Wednesday, 9:15am - 10:15 am, Horschel Center for Health & Wellbeing

Come connect, learn, and be encouraged at our Ladies Bible Study. We'd love to have you join us!

ALL-LEVEL MAH JONG (NO instructors present except on Mah Jong 101 dates)

Every Wednesday, 12:30pm - 2:30 pm, Horschel Center for Health & Wellbeing

Come join us every Wednesday for Mahjong, whether you're a seasoned player or a beginner.

CANASTA

Every Friday, 12:45pm - 2:45 pm, Horschel Center for Health & Wellbeing

Come join us for Canasta. Whether you're a seasoned player, just starting, or want to learn to play, everyone is welcome.

LEARN TO PLAY MONOPOLY DEAL

Thursday, October 1st, 12:45pm- 2:45 pm, Horschel Center for Health & Wellbeing

Fellow member Bill Wells will teach us how to play the fun and exciting game.

SKILLED MAH JONG (NO instructors OR instructions)

Every 2nd Thursday, October 8th, 12:45pm - 2:45pm, Horschel Center Health & Wellbeing

Calling all Master Mahjong players: come join us! Please come ready to sit down and play.

TECH 101: TECH HELP WITH DAVID

Thursday, October 8th 10:30am - 12:00pm, Teen Center

Need help with your devices? Bring your smartphone, device, and your tech questions. David will be on hand to help with your technological needs

MAHJONG 101: LEARN TO PLAY MAHJONG (INSTRUCTOR PRESENT)

Wednesdays, October 14th and 28th, 12:30pm - 2:30pm, Horschel Center for Health & Wellbeing

If you're new to the game, come by on one of these days to learn from an experienced instructor...then stay to play and practice your new skills.

UNITED HEALTH CARE MEDICARE PRESENTATION

Wednesday, October 14th, 3:00pm - 4:00 pm, Horschel Center for Health & Wellbeing

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

BOOK CLUB

Thursday, October 15th, 11:30am- 12:30pm, Horschel Center for Health & Wellbeing

Join us for a lively discussion of the Book, "We All Live Here" by Jojo Moyes, we'd love for you to join us.

LUNCH BUNCH

Thursday, October 15th, 1:00pm - 2:30pm, Longhorn Steakhouse, 796 Marsh Landing Pkwy, Jax Beach

Enjoy a yummy lunch while socializing with friends or maybe even making a few new ones. Participants are responsible for paying for their own meals.

HEALTHY AGING DAY

Saturday, October 17th, 9:30am- 11:30 am, FREE COMMUNITY EVENT

Come one, come all for a fun-filled event at the Y! Enjoy Bingo, Crafts, learn to play Pickleball, Spooktacular Pickleball Tournament, take an Aqua Fitness, or/and a Silver Sneakers class. Complete 2 of the activities and win a YMCA towel. Invite your friends, neighbors, and social groups-everyone is welcome.

CPR FOR OUR LOVED ONES

OUR LOVED October 29th, 12:45-2:00 pmpm, Horschel Center for Health & Wellbeing

Join us for an informative presentation on CPR awareness and emergency preparedness led by Kylie Frech. Learn how being prepared can help you respond with confidence when every second counts.

H.A. SPOOKTACULAR GUESS GAME

All month long stop by the 50+ H.A. Table guess at our fun "How Many Draculas Are in the Jar?" The winner will be notified on October 30th