



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!



DYE CLAY FAMILY YMCA

3322 Moody Ave.,

904.272.4304

OCTOBER 2026

Events and Activities

ksutton@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.

Coffee and Convo

Friday, October 2nd, 9:30 - 10:30 am, Lobby

Join Lake for Coffee & Conversation! Enjoy a cup of coffee, connect with friends, and learn about upcoming Healthy Aging events, classes, and activities.

Senior Chair Volleyball

Tuesday, October 6th & 27th, 12:45 - 1:45 pm, Gym

Join us for Senior Chair Volleyball, a fun and engaging game that's easy on the joints and great for staying active! Improve coordination, mobility, and teamwork while enjoying friendly competition and lots of laughs.

24 spots available. Be sure to make your reservation!

Medicare Education Session with UnitedHealthcare

Thursday, October 8th, 12:30 - 2:30 pm, Youth Center

Join the YMCA and its partner, UnitedHealthcare, to learn about your Medicare options for the upcoming open enrollment season.

Arts and Crafts: Paint with Jackie

Friday, October 9th, 12:30 - 2:30 pm, Youth Center

Join us as we paint a fun and festive pair of witch shoes. ***12 spots available. Be sure to make your reservation!***

Party and Play: BINGO and Birthdays

Tuesday, October 13th, 12:30 - 1:30 pm, Youth Center

Fun, prizes, and more!!! If you are celebrating a birthday in October, stop by BINGO and enjoy a sweet treat with your friends and family!

Trunk or Treat at the YMCA

Friday, October 16th, 5:00 - 7:00 pm, YMCA Parking Lot

Help us make Trunk or Treat a special night for our Y children!

Healthy Aging Day

Saturday, October 17th, 9:00–11:30a.m, YMCA

Join us for our 3rd Annual Healthy Aging Day! Join us for a fun-filled day that brings our Active Older Adult community together for education, fun, and activity!

Field Trip: Adam's Family at the Fleming Island Theater

Sunday, October 18th, 2:00 - 5:00 pm, The Island Theater (1860 Town Center Blvd.)

Meet up with your Y friends to enjoy a performance of the Adam's Family! Please note the transportation is not provided *** Only 10 spots available! Register in app and then pay at the theater upon arrival!***

Bible Study: With Charles

Tuesday, October 20th, 12:30 - 1:30 pm, Youth Center

Join us for Bible Study with Charles as we come together for fellowship, meaningful discussion, and time in God's Word. This month, we'll be discussing Courage in the Midst of Change - Joshua 1

Music BINGO, Sponsored by ArchWell Health

Friday, October 23rd, 12:30 - 1:30 pm, Youth Center

Fun, prizes, and more!!! If you are celebrating a birthday in October, stop by BINGO and enjoy a sweet treat with your friends and family!

Lunch and Learn, sponsored by By Your Side Senior Care

Monday, October 26th, 12:30 - 1:30 pm, Youth Center

Join Jennifer Hill, Certified Dementia Practitioner and Home Care Consultant, for practical tips and resources to help you and your family navigate the aging journey with confidence. ***25 spots available***

Lunch Bunch: Whitey's Fish Camp

Friday, October 30th, 12:00 - 2:00 pm, Whitey's Fish Camp

Meet us at Whitey's Restaurant, located at 2032 County Rd 220, Fleming Island, FL 32003, for lunch, fellowship, and good convo! *** 32 spots available***