



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!



JOHNSON FAMILY YMCA

5700 Cleveland Road

904.765.3589

OCTOBER 2026

Events and Activities

fmcglown@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.

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, October 5, 9:30 – 10:30 am, Pre-Teen Center

All are welcome to attend.

BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays, October 7, 14, 21, and 28, 10:00 – 11:00 am, Pre-Teen Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, October 7, 14, 21, and 28, 1:00 – 2:00 pm, Front Lawn

Come learn about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener.

FOOD PANTRY WEDNESDAYS & FRIDAYS at Johnson Family YMCA

Wednesdays, 3:00 – 5:00 pm AND Fridays, 12:00 – 2:00 pm

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. While supplies last. Valid ID needed for first visit.

CROCHET CLASS

Monday, October 12 and 19, 10:00 – 11:30 am, Pre-Teen Center

Whether you are just starting out crocheting or you have been crocheting for years, this crochet class is for you.

OCTOBER MEMBER APPRECIATION: NETFLIX & CHILI

Wednesday, October 14, 5:30 – 7:30 pm, Teen Center

Warm up with a bowl of chili and a family-friendly Halloween movie for October's Member Appreciation, Birthdays, and Recognitions. All are welcome to attend. Please be sure to reserve your spot in the app.

OLDIES BUT GOODIES BINGO

Thursday, October 15, 11:00 am – 12:30 pm, Pre-Teen Center

Join us for an interactive game and throwback party where traditional bingo numbers are replaced with popular oldies-but-goodies song titles from the 50s, 60s, 70s & 80s. All are welcome to attend.

BOOK CLUB: THE FOUR AGREEMENTS

Friday, October 16, 10:00 – 11:00 am, Pre-Teen Center

The book club is back! We're kicking it off with "The Four Agreements" (1997), written by Don Miguel Ruiz. The book highlights ancient wisdom to help readers break self-limiting beliefs and find happiness. Free copies of the book are limited to the first 20 participants.

HEALTHY AGING DAY CONFERENCE

Saturday, October 17, 9:00 am – 12:00 pm

Join us for an interactive conference filled with workshops, resources, and activities for 50 and better. Throw on your sneakers and come get healthy – mind, body, and spirit. Lunch is included with registration.

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, October 26, 11:00 am – 12:30 pm, Pre-Teen Center

Introducing "Conversations with Saundra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

DEAL ME IN! CARD GAME CLUB

Tuesday, October 27, 11:30 am – 12:30 pm, Pre-Teen Center

Come together to play, trade, and explore various card games, like Bid Whist, Spades, and Down & Dirty, honing in on strategies and skills with new friends.