



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
Thursday, October 15th,
9:00 am – 11:00 am

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!



MCARTHUR FAMILY YMCA

1915 Cirtona Drive

904.261.1080

OCTOBER 2026

Events and Activities

cbutler@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.**

Let's Play Trivia!

Wednesday, Oct 7th, 10:30am – 11:15am, Lobby

Test your memory with a quick game of trivia! Registration requested.

Crafts: Introduction to Watercolor

Thursday, October 8th, 10:15am – 11:15am, Studio B

Paint a simple animal using liquid watercolors. Supplies provided to allow you to make 2 cards to mail to a friend or keep for yourself. Registration Required (Limit 8).

Healthy Aging Day

Thursday, October 15th, 9:00am - 11:00am,

Tap into health and wellness opportunities on the island, learn about chiropractic, events from Keep Nassau Beautiful, and other community resources.

Walk the Greenway with Friends!

Monday, October 19th, 9:00am -10:00 am, Meet at 748 Magnolia Bluff Way

Look for herons, egrets, and anhingas, and experience the beauty of Egan's Creek. The trail is wide and flat. We'll spend 30-45 minutes together. Registration Required.

Tech 201: All Things FCYMCA

Tuesday, October 20th, 10:30am – 11:30am, Lobby

We'll explore the FCYMCA app and website and answer some basic questions about managing passwords and your phone and tablet display.

Learn to play Pickleball

Thursday, October 22nd, 9:00am – 10:am, Gymnasium

Learn the basics of pickleball. Beginners only. (Registration required; limit 12)

Crafts: Paint a Jellyfish

Thursday, October 22nd, 4:00pm – 5:00pm, Inkwell Art Bar

Try your hand with watercolor pens and let's paint a jellyfish. Bring a friend or make a new one. Supplies provided. Registration Required (Limit 8).

Walking Group

Fridays, October 9, 16, and 23rd, 9:00am – 10:00am, Meet on the porch

Meet new friends and boost the benefits of your walking practice. Walk 3 minutes at an elevated pace, then 3 minutes at a recovery pace for 30-45 minutes to improve leg strength and heart health.

Language: Jump Start French

Wednesday, October 28th, 10:00am – 11:00am, Studio B

Brush off your high school French or prepare for a trip by learning a few helpful phrases. Join us and let's chat. No prior French language required. Registration Required (Limit 8).