



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!



ST. AUGUSTINE YMCA

500 Pope Road / 904.471.9622

WEST AUGUSTINE YMCA

938 West King Street / 904.856.9622

OCTOBER 2026

Events and Activities

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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.

Strength and Balance Class

Tuesday's, October 13th and October 27th, at 1:30 - 2:15 pm, Studio A

Come join Lori for a fantastic class! In this class, participants will increase strength and range of motion while improving overall balance, working towards better stability and fall prevention.

Walking Club

Every Thursday, 7:30 - 8:15 am, meet in the Lobby

Join Dawn every thursday to enjoy a walk to the pier and a view of the beach!

Special Event - Healthy Aging Day

Saturday, October 17th, 9:00 - 12:00 pm, in the Gym

Celebrate Healthy Aging Day at the YMCA and discover programs, services, and activities that support healthy, active aging! Enjoy educational information, health and wellness opportunities, and time to connect with friends and neighbors.

Bible Study

Wednesday, October 7th, 1:30 - 2:00 pm, Studio A

Join LaVay for a meaningful time of Bible study, fellowship, and encouragement. All are welcome as we grow in faith through scripture and uplifting discussion.

National Apple Day

Wednesday, October 21st, 9:00 - 10:30 am, in the Lobby

Celebrate National Apple Day with us in the lobby and enjoy a fresh, crisp apple! We invite everyone to join us for this simple and delicious celebration of one of nature's healthiest snacks.

Special Event - Kid Zone Fall Festival

Sunday, October 25th, 2:00 - 5:00 pm

Celebrate the season with us at our Kid Zone Fall Festival, featuring family-friendly activities, festival games, and community fun. Enjoy great food, a Halloween trunk-or-treat, and opportunities to connect with friends and neighbors.

Wee Trick-or-Treat Table

Friday, October 30th, 9:30 - 10:0 am, in the Lobby

Stop by our Healthy Aging Trick-or-Treat table to volunteer and help hand out candy to our kid zone children. Share some Halloween cheer and make the day a little sweeter for everyone!

Birthday Celebration

Thursday, October 29th, 9:00 - 10:30 am, in the Lobby

Please join us in celebrating yours or someone else's birthday for the month of October.

Events at WEST AUGUSTINE YMCA (King Street)

Mahjong

Every Wednesday, 12:30 - 3:30 pm, Wellness Room

Let's get ready for some Mahjong!