



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!



WILLIAMS FAMILY YMCA

10415 San Jose Blvd.

904.292.1660

OCTOBER 2026

Events and Activities

mmiles@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.

Bible Study

Every Friday, 12:30 - 1:30 pm, Community Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

Urban Soul Line Dancing

Friday, October 2nd, 6:30 pm - 7:30 pm, Studio A

Join in the fun and bring a friend for some line dancing fun!! Learn some dances & enjoy an evening with friends.

Medicare Education Session!

Wednesday, October 7th, 11:00 am - 12:00 pm, Community Center

Join the Y and United Healthcare to learn about your 2027 Medicare options as we move into Open Enrollment season. Come get all of your questions answered!

Game Day

Tuesday, October 13th, 3:00 pm - 4:30 pm, Community Center

It's time for PING PONG, card games, games, and more! Also, enjoy a variety of different games. Bring your friends!

HEALTHY AGING DAY

Saturday, October 17th, 10:00 AM - 12:00 PM, Gymnasium

Celebrate healthy living, active aging, and community with activities, free resources, and opportunities designed to help you stay strong, connected, and thriving.

Mosaic Workshop

Saturday, October 17th, 9:00 am-12:00 PM, Community Center (\$). Must register at the Welcome Center

The Mosaic Art Workshop will have your creativity soaring. Mosaic art is all about creating something beautiful from something broken.

Arts and Crafts

Tuesday, October 20th, 3:00 - 4:30 pm, Healthy Living Center

Staff-led and loads of fun! Come join us as we create a holiday keepsake!!

Trunk or Treat

Sunday, October 25th, 3:00 pm - 5:00 pm, FREE Community Event (registration not required)

Get ready for some spooktacular family fun at our Annual YMCA Trunk or Treat! Join us (Or volunteer) for an afternoon of decorated trunks, sweet treats, and plenty of FALL Fun for the whole family!

Crochet Club

Tuesday, October 27th, 3:00 - 4:30 pm, Community Center

Come and enjoy crocheting with your Y friends...and even learn how to crochet. We will make various items to donate to other nonprofit organizations or keepsakes to take home.

Party and Play: Bingo & Birthdays! "Spooktacular"

Thursday, October 29th, 3:15 - 5:00 pm, Community Center

Dress up and have fun with friends at our Annual Spooktacular BINGO games! Be ready for fun!!

SAVE THE DATES:

Friendsgiving Potluck, Friday, November 13th-Holiday Potluck and Concert, Friday, December 11th

Pickleball Hours

Monday - Friday

Friday - Beginner Play & Instruction

Thursday

Sunday

1:15 - 4:00pm

11:30 - 1:00 pm

8:00 - 10:30 am

10:00 - 12:00 pm