



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!



WINSTON FAMILY YMCA

221 Riverside Avenue,
904.355.1436

OCTOBER 2026
Events and Activities
kplum@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.

Crochet / Knitting Class

Mondays, 1:30 pm – 3:30 pm, Teaching Kitchen

Bring projects that you are already working on, or learn to knit, crochet, or loom a hat. For those interested, we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies are available.

Bible Study

Friday, October 2nd, 10:00 am -11:00 am, Teaching Kitchen

Studying from Joyce Meyer's *In Search of Wisdom: Life-Changing Truths From The Book Of Proverbs*. Available on Amazon. Reading from Proverbs Chapter 10. Please bring your Bible and Notebook as well. All denominations are welcome!

Party & Play: Birthdays and BINGO

Tuesday, October 6th, 10:00 am – 11:00 am, Teaching Kitchen

Celebrate our fellow members with September birthdays... and enjoy some BINGO fun!

Coffee & Convo

Friday, October 9th, 10:00 am – 11:00 am, Teaching Kitchen

Join us for some coffee and fellowship.

Tech 101

Tuesday, October 13th, 11:00 am – 12:00 pm, Teaching Kitchen

Bring your iPad, smartphone, & questions. Y Staff & Teen Leaders will be on hand to help with your devices!

Bowling

Wednesday, October 14th, 12:00 pm – 1:30 pm, Batt Family Fun Center (1838 Cassat Avenue)

Join us for some bowling fun & healthy competition. \$15.00 gets you 2 full games on private lanes. Lunch & Shoes not included. ***Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!***

Healthy Aging Day

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

This event is open to the community. We will be showcasing what our Winston Family YMCA has to offer our healthy aging community. Bring your kids & grandkids; this event is FREE!

Brunch & Learn

Tuesday, October 20th, 10:00 – 11:00 am, Teaching Kitchen

Why Renter's Insurance is Important Workshop with Ted Doss from VyStar.

Lunch Bunch

Tuesday, October 20th, 11:45 – 1:00 pm, The Loop (4591 Lakeside Dr)

One Lucky Participant will have their lunch paid for by the Y. ***Participants are responsible for paying for their meals.**

Card Making

Friday, October 23rd, 10:00 – 11:30 am, Teaching Kitchen

Unleash your inner artist. No experience required!

Book Club

Tuesday, October 27th, 10:00 – 11:00 am, Conference Room.

The Mostly True Story of Tanner and Louise by Colleen Oakley

Halloween Potluck

Friday, October 30th, 11:00 am –12:00 pm, Teaching Kitchen.

Bring some spooky food to share. Costumes optional!