



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!



YMCA AT BAPTIST NORTH

11236 Baptist Health Dr.

904.592.9622

OCTOBER 2026

Events and Activities

tcruz@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.**

TECH 101

Thursday, October 1st, 10:15- 11:00 a.m., Wellness Center

Come let us help you download and use the FCYMCA app! And learn about reward points. With simple daily habits, smartphones help older adults stay connected, track health, and learn new skills.

BOARD GAMES

Wednesday, October 7th, 12:30 - 1:45 pm, Studio B

Join us for an afternoon of friendly competition! Checkers, Spades, Bid Whist, and more! Enjoy these with your fellow Y members! Bring a snack to share.

COFFEE AND CONVERSATION

Friday, October 9th, 12:30 - 1:30 pm, Studio B

The Best Advice I Ever Received (and the Best Advice I'd Give Today). A time to share, grow, and learn. Grab a friend and join the conversation. Refreshments will be served.

BOOK CLUB

Wednesday, October 14th, 12:30 - 2:30 pm, Studio A

Join our Baptist North Healthy Aging book discussion! Great books spark great conversations. This month's book is Judge Stone by Viola Davis and James Patterson. The book is available for checkout at the Public Library. Bring a snack to share, and guests are also welcome.

HEALTHY AGING DAY

Saturday, October 17th, 9:00 - 11:30 am, Register in the APP

Join us for a time set aside just for you, our amazing Active Older Adults. A time to grow, learn, and be inspired. Tech Talk, Finances, Vendors, Raffles, and so much more!

MEDICARE EDUCATION SESSION

Wednesday, October 21st, 12:15 - 1:15 pm, Studio A

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

FALL FESTIVAL

Saturday, October 24th, 10:00 am - 1:00 pm, Baptist North Campus

You are invited to join in the fun at our Annual Fall Festival. There will be Fun, food, and Games for all ages.

PARTY AND PLAY: BINGO AND BIRTHDAYS

Wednesday, October 28th, 12:30 - 2:30 pm, Studio B

Join us for an afternoon shouting your favorite word...BINGO. At the same time, let's celebrate the October birthdays of our fellow members!