



## A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto: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](http://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](mailto:myhealth@fcymca.org) or visit the front desk for more information!**



## YMCA AT FLAGLER HEALTH VILLAGE

98 Turin Terrace

904.500.9622

**OCTOBER 2026**

**Events and Activities**

[ldole@fcymca.org](mailto:ldole@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](https://fcymca.org).**

### **Mahjong Mondays**

**Every Monday & Thursday, 12:30 - 3:00 pm, YMCA Multi-Purpose Room**

Calling all Mahjong players! Join us for fun Monday afternoons playing American Mahjong!

### **Mahjong 101**

**Oct 19, 12:30 – 3:00 pm YMCA Multi-Purpose Room**

The third Monday of the month is when members can learn the game and get taught how to play as seasoned players continue with Mahjong Mondays!

### **Healthy Aging Special Class: Qigong**

**Every Friday in Oct 9:30-10:30 am, YMCA Multi-Purpose Room**

Qigong refers to energy and breath, and Gong means practice or cultivation. Qigong was developed to promote wellness, longevity, mental clarity, and creativity as part of Eastern practices. Must sign up in the app to reserve your spot.

### **Bible Study**

**Wednesdays, Oct 7th & 21st, 1:30 – 3:00 pm, YMCA Multi-Purpose Room**

Our fellow members and volunteers, Alen Felumlee and David Greer, will be leading our community in faith-based studies. All denominations are welcome.

### **Game Day!**

**Friday, Oct 9th, 12:30-1:30 pm, YMCA Multi-Purpose Room**

Join us for a fun game of Mexican Train dominoes. If dominoes are not for you, we also have Scrabble and Rummikub. Just come with a smile and willingness to meet new people and learn a new game.

### **Book Club**

**Tuesday, Oct 13th, 1:00 - 2:00 pm, Trinity North: Cultivate Tea & Spice**

The Lost Letters of Aisling by Cynthia Ellingsen. Come join us as we enjoy a member-led discussion on the book and decide what we want to read next as a group. Even if you didn't get the chance to read the book, we would love you to join us.

### **Healthy Aging Day**

**Saturday, Oct. 17th, 9:00-11:30 am**

Join us for a time of celebrating you- our vibrant, active, older adults. Enjoy a time to learn about Mahjongg, Mexican Train Dominoes, Qigong, and much more. Light snacks will be provided.

### **Men's Book Club**

**Tuesday, Oct 27th, 1:00-2:00 pm, YMCA Multi-Purpose Room**

Join us as we enjoy a member-led discussion and plan for the book of choice next month. Signs will be posted notifying members of what book to read for the following month.

### **BINGO!**

**Wednesday, Oct 28th, 1:00 - 2:00 pm, YMCA Multi-Purpose Room**

Join as you yell your favorite word... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh! You won't want to miss it!

### **Lunch Bunch: NCY Pizza**

**Friday, Oct 30, 12:30 – 2:00 pm, meet at NCY Pizza (by the Outlet Mall)**

NCY Pizza is located at 2730 FL-16 Ste 101-103, St. Augustine, FL 32092. **Members will be responsible for paying for their own meals.**