



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 NOCATEE

400 Colonnade Drive

904.671.9622

OCTOBER 2026

Events and Activities

eblumberg@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.

Mahjong Meetup

Every Friday, 2:00 - 5:00 pm, Teen Center

Join fellow experienced players for a game that sharpens the mind and brings friends together.

Lunch Bunch

Monday, October 12th, 1:30 – 2:30pm, South Kitchen (150 Pine Lake Drive, Suite A)

Meet us at South Kitchen for a fun lunch with Y friends! *Participants will be responsible for paying for their own meals.*

Game Day

Tuesday, October 13th, 2:00 - 3:30 pm, Teen Center

Join fellow members to play Mexican Train and other easy-to-learn games. Bring games you would like to play!

Healthy Aging Day

Saturday, October 17th, 9:00 – 11:30 am, Airnasium

Join fellow members for our annual Healthy Aging Day! Take classes and learn about local resources from our host of vendors.

Pink Out Day

Tuesday, October 20th

Wear pink to show support for those in our community who have been and are currently affected by breast cancer. *No reservations required.

Mindful Meditation

Thursday, October 22nd, 2:15 – 3:00 pm, Studio A

Join Jill for a mindful meditation designed to calm the nerves and rest the mind.

Book Club

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

Join fellow book lovers for a discussion of the book, The Frozen River by Ariel Lawhon.

Coffee and Convo

Wednesday, October 28th, 9:30 - 10:30 am, YMCA Lobby

Enjoy lively conversation over coffee while making new friends!

Participants will be responsible for paying for their own coffee/food items.