



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 WILDLIGHT

251 Breezeway Street

904.849.9622

OCTOBER 2026

Events and Activities

sprentice@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.

Walking Group

Saturdays in October, 9:00 am – 10:00 am, Upstairs Walking Track

Lace up your walking shoes and join Mrs. Evelyn for an hour of walking and talking! It's a great way to get moving, enjoy good company, and start your weekend off right. Some Saturdays include nature walks, community clean-ups, or trips to local spots like the farmer's market or blueberry farm.

Keep an eye out for flyers so you know when the walking location will be somewhere other than the Y.

BINGO!

Thursday, October 8th, 12:00 pm – 1:00 pm, Teen Center

Who doesn't love a classic game of BINGO?! Join us to win some fun prizes, socialize, and to shout everyone's favorite word – BINGO! Please feel free to bring lunch or a snack to enjoy while playing.

Arts & Crafts- Pizza and Painting

Tuesday, October 13th, 12:00 pm – 1:00 pm, Teen Center

Join us for some fun, creativity, and good company! We'll have pizza and painting for everyone to enjoy. Please be sure to sign up in the app so we have an accurate headcount and know how much pizza to provide. Feel free to bring your own lunch, something to share with the group, or even a sweet treat if you'd like! We hope to see you there!

Lunch Bunch

Thursday, October 15th, 12:15 pm – 2:00 pm, Chili's (Yulee)

Come hang out with us, grab some good food, enjoy some laughs, and spend a little time together! Meet us there; we'd love to see you!

Medicare Education Session

Thursday, October 15th, 11:30 am – 12:30 pm, Healthy Living Center

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

Healthy Aging Day

Saturday, October 17th, 10:00 – 12:00 pm, Outside (side of building)

Join us for a fun-filled day dedicated to celebrating healthy aging! Enjoy exciting games, delicious food, local vendors, and plenty of activities designed to promote wellness and joy for our seniors. It's a perfect opportunity to connect, stay active, and have a great time with friends and the community!

GameDay- Mahjong for BEGINNERS

Tuesday, October 20th, 12:00 pm – 1:00 pm, Teen Center

Come join us and learn Mahjong together! We're excited to learn, laugh, and have some fun while figuring it out together! If you already know how to play Mahjong and would like to come join us and help out, we'd greatly appreciate your guidance! Your expertise would definitely be welcomed!

Holiday Party: Fall Fest Party

Wednesday, October 28th, 1:00 pm – 3:00 pm, Studio B

Get ready for a fun-filled afternoon with line dancing, games, and prize giveaways! Come Dressed to Impress! Put your creativity to the test and show off your best Halloween costume! A prize will be awarded for the most creative costume, so have fun and make it spooky, silly, festive, or fabulous! Come celebrate with friends, laughter, music, dancing, and plenty of Halloween fun! Some refreshments will be provided. You're welcome to bring an appetizer or snack to share.