



# INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto:myhealth@fcymca.org) | July 2024

## CAREGIVERS: KEEP CHILDREN SAFE

Anyone can drown. No one should. Drowning can happen nearly anywhere with standing water. But, as a grandparent, parent, or caregiver, you can't keep children sidelined. You need to equip them with the tools they need to be confident in and around water so they don't lose out on the health benefits of exercise, the opportunities to bond with family and friends and the sense of accomplishment when they learn new skills. The Y encourages grandparents, parents and caregivers to take an active role in child's safety by ensuring they learn how to swim and by practicing these six evidence-based interventions in your household and local community.

Learn more about water safety and swim lessons for children and adults visit [www.fcymca.org](http://www.fcymca.org)

World Drowning Prevention Day is July 25<sup>th</sup>. Drowning is a public health issue.

**ANYONE CAN DROWN. NO ONE SHOULD.**

- Installing barriers controlling access to water
- Providing safe places away from water for pre-school children, with capable childcare
- Teaching swimming, water safety and safe rescue skills
- Training bystanders in safe rescue and resuscitation
- Setting and enforcing safe boating, shipping and ferry regulations
- Improving flood risk management

World Drowning Prevention Day

## CREATING AN INCLUSIVE ENVIRONMENT FOR ALL: DISABILITY PRIDE MONTH

Disability Pride Month is celebrated in July to commemorate the passing of the Americans with Disabilities Act (ADA) in 1990. At the YMCA of Florida's First Coast we're committed to creating a welcoming, inclusive environment in Northeast Florida where everyone has the opportunity to reach their full potential.

the Y

**OPPORTUNITIES AND BELONGING FOR ALL**

Celebrating Disability Pride Month

the Y

**GRANDPARENTS SPECIAL**

Add your grandkids to your First Coast YMCA membership through August!

**\$30/child**  
\*No limit on number of additional children



**IT'S NEVER  
TOO LATE TO  
FEEL GREAT.**

**YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | July 2024**

## **JULY EVENTS AND ACTIVITIES**

**Events are free for members and require reservations (unless otherwise noted).  
Reservations can be made in the FCYMCA app or online.**

### **BIBLE STUDY**

**EVERY WEDNESDAY at 12:30p.m., Studio B**

Join Mr. Jeffrey McIntyre for Bible Study. All denominations welcome.

### **CHAT & CHEW**

**WEDNESDAY, JULY 10<sup>th</sup> at 12:00p.m.**

Come have a salad bar lunch and discuss upcoming Healthy Aging events.

### **BOWLING**

**WEDNESDAY, JULY 17<sup>th</sup> at 12:15p.m.**

Get out and knock over some pins. You get shoes, two games, and a hotdog lunch for \$8.

**\*Sign up in the app or online AND pre-pay at the Welcome Center.\***

### **GAME DAY**

**THURSDAY, JULY 18<sup>th</sup> at from 10:00a.m. – 1:00p.m., Studio B**

Stop in to Studio B with a friend for Game Day Thursday! We will have cards, corn hole, checkers and more.

### **GARDEN CLUB: GARDENING DAY**

**TUESDAY, JULY 23<sup>rd</sup> from 9:00 a.m. to 12:00p.m.**

If you enjoy gardening, please join us for a volunteer opportunity to help us spruce up our planters with the Gardening Specialty Camp. Volunteer forms must be completed prior at fcymca.org. Contact Terry Cruz with any questions.

### **PAINT AND SIP**

**FRIDAY, JULY 26<sup>th</sup> from 12:00p.m. – 2:00p.m.**

Calling all artists! Come join us for a fun afternoon of painting and sipping on your favorite summer drinks. Cost is \$10 per person. Register online at fcymca.org or at the Welcome Center. Feel free to bring a guest!

### **ARTS AND CRAFTS: ROCK PAINTING**

**TUESDAY, JULY 30<sup>th</sup> from 10:00a.m. - 1:00p.m.**

Relieve some stress with calming music and rock painting. You can come and go as you please.

### **BINGO & BIRTHDAYS**

**Wednesday, JULY 31<sup>st</sup> from 12:15 p.m. – 1:15 p.m.**

Join us for an afternoon shouting your favorite word—BINGO! At the same time, let's celebrate our fellow members with July birthdays! We will have prizes for winners, fun with friends, and lots of laughs.

**Don't forget your PUNCH!**

**TEN punches on your 50 & Better punch card(s) enters you to win prizes!**

**Pick up your card at the Welcome Center today!**