



INMOTION

— A NEWSLETTER FOR AGE 50 & BETTER —

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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

World Drowning Prevention Day is July 25th. 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.

OPPORTUNITIES AND BELONGING FOR ALL
Celebrating Disability Pride Month

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.**

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | July 2024

JULY EVENTS AND ACTIVITIES

****Events are free and reservations are required (unless otherwise noted). Reservations can be made in our app and online at fcmca.org.****

Game Day: Pictionary

Tuesday, July 9th, 10:00am, Small Group Training Room

Split into two teams and enjoy an hour of Pictionary!

Book Club

Thursday, July 11th, 10:00am, Common Area

This month's book is "Number the Stars" by Lois Lowry

Dinner Out: Ruby Tuesday

Tuesday, July 16th, 4:30pm

Meet at Ruby Tuesday in Fleming Island for food, fun, and friendship!

****Participants will be responsible for paying for their own meals.****

Birthday Celebration

Friday, July 19th, 1:00pm, Common Area

Join us as we celebrate our fellow Y members who have had birthdays so far this year! Cake will be provided.

Lemon Water Social

Monday, July 22nd after 10:45 Silver Sneakers, Studio A

Enjoy some fresh lemon water, light refreshments, and socialization!

American Mah Jong

Thursday, July 25th, 12:30pm, Common Area

Come meet the instructor that will be teaching in August every Thursday for 4 weeks.

Only 8 participants can be instructed at one time, so **there will be a paper sign-up for the August classes at this meeting.** First come, first served.

Guided Meditation

Saturday, July 27th, 10:30am, Studio A

Tune in and turn inward!

Puzzles with Preschoolers

Tuesday, July 30th, 9:15am, KidZone

Come into our KidZone and put together puzzles with your fellow youngest members!
