



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.

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.

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.**

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | July 2024

JULY EVENTS AND ACTIVITIES

Reservations are required for events and can be made in our app and online at fcymca.org.

Bible Study

Every Friday, 11:45am-12:45pm, Studio D

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi.

**Special time on Friday, July 26th – 11am-12pm*

Bocce Ball

Wednesday, July 10th, 11:45am-12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

Games and Ladder Toss/ Color Me Calm: Coloring for Adults

Wednesday, July 10th, 2:15pm, SMB Studio

Get ready for some fun! Yahtzee, Uno, Phase 10, Five Crowns, 5-Second Rule, Bananagrams! Other games are available, and we're flexible...we'd love to know what you want to play! And, if you like to color, join us! No artistic talent required! Meet new friends in a relaxing atmosphere. All supplies provided, or bring your own.

Lunch Bunch

Monday, July 15th, 12:30pm

Meet at **Athenian Owl, 9551 Baymeadows Rd. Ste. 21, 32256**, for food, friendship, and fun!

New Member Orientation

Wednesday, July 24th, 2:15pm, SMB Studio

Here is your chance to ask questions, learn about Y program offerings, and get some help with technological difficulties involving the Y App! **We encourage you to come no matter how long you've been a member.**

Books@Brooks Book Club

Thursday, July 25th, 2:15-3:30pm, SMB Studio

The Elegance of the Hedgehog, by Muriel Barbery. Please read the book before the meeting.

BINGO!

Friday, July 26th, 12:15pm, SMB Studio

Sponsored by **David Palmeri**, Independent Insurance Agent.

GriefShare Support Group

Tuesdays, July 9-Oct. 8, 2:00pm-4:00pm, Studio D

For help and encouragement after the death of a spouse, child, family member, or friend. This series is open to the community, and there is a small fee for the workbook.

For registration information, email: mychurchseniors@yahoo.com

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a \$50 Publix gift card!

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

Hello! My name is Sheri Nash, and I'm the Healthy Aging Coordinator at the Brooks YMCA. I plan all of the Social Events, and I'm always looking for inspiration and ideas! Let me know if you have any suggestions, questions, or feedback!

Email: snash@fcymca.org
Phone: 904.902.7973



To quickly register for an event, scan here!
Need help? Just ask the Welcome Center Staff for assistance!

