



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.

the Y logo

OPPORTUNITIES AND BELONGING FOR ALL

Celebrating Disability Pride Month

the Y logo

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.**

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | July 2024

JULY EVENTS AND ACTIVITIES

**All events are free and require reservations (unless otherwise noted).
Reservations can be made in our app and online at fcymca.org.**

Fourth of July Potluck

Wednesday, July 3, 11:00am - 12:30pm, Studio B

Bring a dish to share as we celebrate the independence of this great country!

Coffee and Conversation

Friday, July 5, 9:00am-10:00am, Welcome Center

Join Renee to meet new friends and share what you might like to be added to the Y's 50 and Better programming

Arts and Crafts: Amigurumi

Wednesday, July 10, 10:00am-12:00pm, Studio B

Join us for this month's guided arts and crafts activity, in which you will learn the art of Amigurumi!

Bible Study: Growing Older and Wiser

Monday, July 15, 11:00am-12:00pm, Studio B

You can't change the fact that you are getting older. And, indeed, you may not want to! Age brings many gifts and opportunities for continued growth. In this nine-session LifeGuide® Bible Study, Dale and Sandy Larsen help you discover the Bible's perspective on aging. You'll discover how God can effectively and powerfully use those who have grown wiser with the passing years.

Game Time! BINGO

Wednesday, July 17, 10:00am - 11:00am, Studio B

Join us for some fun & games, as we laugh with some friendly competition.

Movie Time! Senior Moment

Wednesday, July 24, 10:00am - 12:30pm, Studio B

Come relax and enjoy the company of friends...and a good movie! Our movie this month will be Senior Moments with William Shatner, Jean Smart, and Christopher Lloyd. Popcorn will be provided!

July Birthday Celebration

Friday, July 26, 11:45am - 12:15pm, Studio B

Join us for our Better Balance class at 11:10am, followed by our celebration of our members with July birthdays at 11:45am! Come to both the class and the celebration...or simply join us for the birthday party at 11:45am!

Dinner Out

Wednesday, July 31, 4:30pm, Golden Corral

Meet up with your fellow YMCA members at Golden Corral for fun, food, and friendship. Golden Corral is located at 582 Blanding Blvd in Orange Park.
