



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

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 FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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 at the Y! (First and Third Wednesday of each month)

July 3rd / July 17th – 1:30pm - Welcome Center Lobby

We are starting a Bible Study here at FHV! Our fellow member and volunteer David Greer will be leading our community in faith-based studies. All denominations are welcome.

David has been a member of Trinity Episcopal for more than 30 years. He has participated as a youth advisor, choir member, Vestry, Brotherhood of St. Andrew, Lay Eucharistic Minister, and Hospital Visitor. The Bible is a part of his daily devotional, and he looks forward to exploring the Word with you in whatever form will best meet the needs of our collective group.

Bring a Buddy (Second Monday of each month)

Monday, July 8th

Do you love the Y? Your buddies will, too! Bring in a friend or family member so they can see what the Y has to offer. Buddies can enjoy two complimentary visits to explore our community, culture, and membership options available.

Book Club

Tuesday, July 9th - 1:00pm - Studio B

Our next read is *New York Times* Bestseller The Rosie Project by Graeme Simsion. Save the date for our next meeting! We will meet upstairs at the Y. New participants are always welcome!

Coffee, Coloring, and Crafts

July 12th – 1:30pm – KidZone

Watching your grandkids this summer? Need somewhere to beat the heat? Look no further! Join us in the KidZone for a cup of coffee while we color and craft with the kiddos!

Coffee and Conversation (Third Thursday of each month)

July 18th – 1:30pm - Welcome Center Lobby

Join us in the Welcome Center Lobby for Coffee and Conversation with our New Family and Healthy Aging Coordinator, Hannah Reese. Get to know her, learn about our Healthy Aging Committee, and share ideas on events you would like to see at your Y!

BINGO!

Wednesday, July 24th - 1:30pm - KidZone

Join us as you yell your favorite word...BINGO! Win prizes while making friends! Light refreshments will be available.

July Birthday Potluck

July 26th – 1:30pm – KidZone

Join us for our monthly Birthday celebration Potluck! Bring your favorite dish to share. Light refreshments will be provided. Stop by the Welcome Desk to let Hannah or Joanne know what you'd like to bring!