



# 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 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.**

**JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | July 2024**

## **JULY EVENTS AND ACTIVITIES**

**Events are offered at no cost and require reservations (unless otherwise noted).  
Reservations can be made in our app and online at [fcymca.org](http://fcymca.org).**

### **AOA (ACTIVE OLDER ADULTS) MEETING**

**Monday, July 1, 9:30 am – 10:30 am, HLC**

All are welcome to attend.

### **CROCHET FOR BEGINNERS**

**Monday, July 1 and 15, 1:00 pm – 2:00 pm, HLC**

Whether you are just starting out crocheting, or you have been crocheting for years, this crochet class is for you!

### **WEEKLY BIBLE STUDY with PASTOR PERRY ROBINSON**

**Wednesdays, July 3, 10, 17, 24, and 31, 10:30 am – 11:30 am, HLC**

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

### **INDEPENDENCE DAY POTLUCK**

**Thursday, July 4, 11:00 am – 12:30 pm, Outdoor Gazebo**

Join us for an Independence Day Potluck. Bring in a special dish or dessert to share. A sign-up sheet is at the front desk to include our dish or dessert for the potluck. Beverages will be provided.

### **COLOR ME CALM**

**Friday, July 5, 11:30 am – 1:00 pm, HLC**

Please bring your crayons, coloring pencils, watercolor paints, brushes, and paint-by-number books.

### **BINGO WITH BEVERLY**

**Friday, July 12, 11:00 am – 1:00 pm, HLC**

Get ready to daub those cards and yell "Bingo!" Meet new friends and have fun.

### **BOWLING AT KING PINS BOWLING/THE POTTER'S HOUSE**

**Wednesday, July 17, 1:00 pm – 2:30 pm, 5310 Lenox Ave, 32205**

Strike! Have fun bowling with the AOA! Free with registration. Transportation is not provided. There is limited capacity so sign-up today!

### **BOARD GAME BLOWOUT**

**Friday, July 19, 11:00 am – 1:00 pm, HLC**

Bring your favorite card or board games to indulge in friendly competition catering to all ages and player levels. Please bring a shareable snack.

### **CONVIVA MONDAYS**

**Monday, July 22, 8:30 am – 9:30 am, HLC**

Join Conviva Care Center for breakfast and tips to prevent unwanted weight gain. Breakfast provided.

### **JULY MEMBER APPRECIATION, BIRTHDAYS, & RECOGNITION**

**Thursday, July 29, 11:00 am – 12:30 pm, Teen Center**

Cool off with an Italian Ices. Stop in for a frozen treat while supplies last. Sugar-free treats available.

### **MID-DAY MOVIE**

**Friday, July 30, 11:00 am – 1:00 pm, Teen Center**

Enjoy the movie Rustin (2024), featuring Jeffrey Wright, Aml Ameen, Chris Rock, and Glynn Turman. Bayard Rustin, advisor to Martin Luther King Jr., dedicates his life to the quest for racial equality, human rights and worldwide democracy. Rated PG-13. Popcorn will be served.