



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 NOCATEE | 400 Colonnade Drive | 904.671.9622 | July 2024

JULY EVENTS AND ACTIVITIES

**Reservations are required for events and can be made in our app and online at fcmca.org.
All events are free for our members unless otherwise noted.**

Walking Club

Every Tuesday and Thursday, 8:00 – 9:00am, meet in the YMCA Lobby

This group is great preparation for entering Charity Walks throughout the year...and to simply make new walking friends! (No Walking Club on July 4th.)

Mindful Meditation

Friday, June 28th, July 5th, and July 12th, 1:30 - 2:00pm, Studio A

3 part series of Mindful Meditation is for you if your looking for a practice that has been show to help with stress reduction, lower hypertension, and improved memory and focus.

Bible Study

Moday, July 8th and Monday, July 22nd, 3:00 – 4:00pm, Multi-Purpose Room

This event is for interested members of all denominations to come together for spiritual growth and fellowship.

Lunch Bunch

Wednesday, July 10th, 12:30pm, Cantina Louie (Ponte Vedra), 10870 US-1 N

Come together once a month to try different restaraunts, make friends, and catch up on new activities in the community! (Participants will be responsible for paying for their own meals.)

Book Club

Tuesday, July 16th, 5:30pm , Multi-Purpose Room

Calling all Bibliophiles! "The Fury" by Alex Michaelides is our first book.

Game Day: BINGO

Friday, July 19th, 4:00 - 5:00pm, Multi-Purpose Room

Do you enjoy games? BINGO is the game of choice this month. Attendees will provide input into a variety of games to play for the upcoming month.

Travel Club: Joy of Travel

Tuesday, July 23rd, 4:00 – 5:00pm, Multi-Purpose Room or Teen Center

Great opportunity to meet other travel enthusiasts and share experiences and answer questions.

July Birthday Potluck Celebration

Friday, July 26th, 5:00 – 6:00pm, Multi-Purpose Room

Lets come together to celebrate all our wounderful members with July Birthdays! Please bring a dishto share as we celebrate and enjoy eachother.
