



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.**

YMCA AT WIDLIGHT | 251 Breezeway Street | 904.849.9622 | July 2024

JULY EVENTS AND ACTIVITIES

All events are free for members and require reservations.
Reservations can be made in our app and online at fcymca.org.

Conviva Lunch N Learn – Topic: TBA

Tuesday, July 2nd, 12:00pm, Studio A

Coffee, Color, and Conversation

Wednesday, July 17th, 9:30am – 10:30am, Lobby

Stop by for a cup of coffee, color a coloring page, and chit chat about your week or upcoming plans!

Pizza and Painting

Friday, July 19th, 7:00pm – 8:00pm, Teen Center (\$5 fee, sign up at Welcome Center)

We are merging our youth with our seniors! Join us for a fun-filled evening of creativity at our YMCA family Pizza and Painting Night! No prior painting experience is required - just bring your enthusiasm and eagerness to try something new. Whether you're a seasoned artist or a complete beginner, this night is sure to be a memorable experience filled with creativity, laughter, and fun. Come join us and let your creativity soar! We will be painting flamingoes!

International Day of Friendship - Bracelet Making

Tuesday, July 30th, 11:30am - 12:30pm, Upstairs

BINGO!

Every Thursday at 11:30am, Teen Center

Who doesn't love a classic game of BINGO!? Join us to win some fun prizes, socialize, and to shout everyone's favorite word – BINGO!

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win Y swag!

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

Military Back to School Bash July 27th, 10:00am - 12:00pm

**We will be accepting backpack donations leading
up to the event!**

**Look for the donation bin in the lobby!
Join us during the event as we will have vendors,
activities, and live music!**