



# 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.**

**WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 | July 2024**

## **JULY EVENTS AND ACTIVITIES**

**Events are free for members and require reservations (unless otherwise noted).  
Reservations can be made in our app and online at [fcymca.org](http://fcymca.org).**

### **Ping Pong**

**Every Tuesday and Thursday, 1:00 – 3:00pm, Gymnasium**

Novice and Experienced players welcome. Questions? Call Marianne Jordan at 904-708-0316.

### **Bible Study**

**Every Monday, Wednesday, and Friday, 8:30am, Lobby or Patio**

Led by Raymond McFarland.

### **Coffee and Convo**

**Every Tuesday in July, 10:00am, Teaching Kitchen**

Enjoy this time of meeting, greeting, learning about the Y, and fellowshiping.

### **Game Day**

**Every Wednesday in July, 10:00 – 11:00am, Teaching Kitchen**

The Y will provide board and card games, puzzles, and coffee to enjoy as you have fun with your friends!

### **Potluck (Country Theme), Tuesday, July 2<sup>nd</sup>, 11:30am, Teaching Kitchen**

Join us for a country-themed potluck...enjoy good food and line dancing. Check the bulletin board to sign up for the food item you will bring to the event.

### **Day Trip: Movie Day!, Tuesday, July 9<sup>th</sup>, 12:00pm**

Meet at Regency AMC Theatre at 9451 Regency Square Boulevard to watch Sound of Hope. \$6.50 per person. Participants are responsible for ticket cost and any refreshments purchased.

### **Lunch Bunch, Tuesday, July 11<sup>th</sup>, 12:00pm, Anejo Cocina Riverside**

Meet at Anejo Cocina, located at 220 Riverside Avenue, for a food and friendship! Participants are responsible for paying for their own meals (approximately \$10 - \$15).

### **Bowling, Wednesday, July 17<sup>th</sup>, 12:00pm**

Join us at King Pin Lanes, 5310 Lenox Avenue. Cost is \$8.50, which includes 2 games, shoes, a hot dog, drink, and chips. **Sign up in the app or online AND pre-pay to Susan H. or Karen S. by Wednesday, July 11<sup>th</sup>.**

### **Birthday Party**

**Tuesday, July 30<sup>th</sup>, 10:00am**

Come socialize and help celebrate our fellow members with July birthdays!

### **Book Club ON HOLD**

Will return in September!

## **Don't forget your monthly PUNCH CARD!**

**TEN** punches on your Silver Punch Card enters you to win **PRIZES** each month!

**Pick up your card at the Welcome Center TODAY!** (one card per member, please)