

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | July 2025

World Drowning Prevention Day is July 25th.

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.



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



IT'S NEVER TOO LATE TO FEEL GREAT.

BARCO NEWTON FAMILY YMCA | 2075 Town Center Blvd | 904.278.9622 | JULY 2025

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.

Coffee and Convo

Fridays, 10:00 – 12:00pm, Common Area

Come for the coffee and stay for the fellowship!

Lunch Bunch

Monday, July 14th, 11:30am – 1:00pm, meet at Sushi Café (5000 US-17)

Come and enjoy food and fellowship with your Y Family. Please use the FCYMCA app to reserve your spot. ***Participants will be responsible for paying for their own meals.**

Meet and Greet

Tuesday, July 15th, 9:30 – 10:30am, Common Area

Meet and chat with active HA members. Enjoy friendship and fellowshiping!

Book Club

Tuesday, July 15th, 10:00 – 11:00am, Common Area

Join us for a morning literary discussion and deciding next month's book.

Dinner Out: Mariachi's

Tuesday, July 15th, 4:30 – 6:00pm

Come and enjoy food and fellowship with your Y family. Please use the FCYMCA app to reserve your spot. ***Participants will be responsible for paying for their own meals.**

Arts and Crafts: Keychain Creations

Thursday, July 17th, 6:00 – 7:00pm, Green Cove Springs Library

Introduction to the art of vinyl! Participants will make their own acrylic keychain following demonstration. This event is hosted by the Clay County Library; please visit their website for more information. Registration in the FCYMCA app is not required.

Smoothie Day

Monday, July 21st, 10:30 – 11:45am, HA area

Beat the heat and refuel after class with a refreshing fruit smoothie!

Bingo For Books

Tuesday, July 22nd, 10:00 – 11:00am, Green Cove Springs Library

Calling all Bingo enthusiasts! Come join us for a lucky game of Bingo and compete for fabulous book prizes! This event is hosted by the Clay County Library; please visit their website for more information. Registration in the FCYMCA app is not required.