the INTROTION

# **A NEWSLETTER FOR ACTIVE OLDER ADULTS**

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

# World Drowning Prevention Day is July 25th.

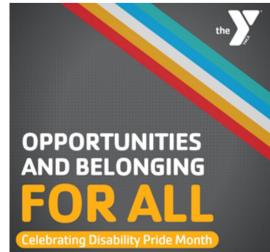
can drown. No one should. Anvone Drowning can happen nearly anywhere with standing water. But, as а grandparent, parent, or caregiver, you can't keep children sidelined. You need to equip them with the tools they need to be confident in and around water so they don't lose out on the health benefits of 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 vour household and local community.





# CREATING AN INCLUSIVE ENVIRONMNET 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





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 14<sup>th</sup>, 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 15<sup>th</sup>, 9:30 - 10:30am, Common Area

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

#### **Book Club**

#### Tuesday, July 15<sup>th</sup>, 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 15<sup>th</sup>, 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 17<sup>th</sup>, 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 21<sup>st</sup>, 10:30 - 11:45am, HA area

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

#### **Bingo For Books**

# Tuesday, July 22<sup>nd</sup>, 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.