

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.

BROOKS FAMILY YMCA | 10423 Centurion Parkway North | 904.854.2000 | 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.

NEW Weekly Walking Club

Every Thursday, 8:30am, Town Center (meet at Target)

Walk for Wellness! Meet at Target, walk to True Foods, then back to Target. Don't forget your water! *Rain Plan: Breakfast at Panera.*

Participants will be responsible for paying for their own coffee/meal.

Crochet 'n Craft Crew

Every *TUESDAY*, 2:15 - 3:15pm, Studio D

Bring your projects and socialize! Help is available for beginners' crochet challenges. And you're not limited to crochet! Bring any of your current projects – artwork, needlepoint, embroidery, knitting, etc. – and have a great time conversing with new friends and learning a new skill! *Bringing snacks is permitted.*

Bible Study

Every Friday, 11:45am - 12:45pm, Studio D

Once a week reading of the Holy Bible, led by Healthy Living Director Vince Cangelosi. All denominations are welcome.

Bocce Ball

Wednesday, July 9th, 11:45am - 12:45pm, Studio B

Come enjoy a fun time learning a new game and getting gentle exercise, either standing OR using a chair!

Meeting: Volunteers

Thursday, July 10th, 2:15 - 3:15pm, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

BINGO!

Friday, July 11th, 12:00 - 12:30pm, SMB Studio

Sponsored by **David Palmeri**, Independent Agent.

Lunch Bunch

Monday, July 14th, 12:30 - 2:00pm, Chuy's at Town Center

Meet at **Chuy's, Town Center** for food, friendship, and fun! ***Participants will be responsible for paying for their own meal.***

New Member Orientation for Active Older Adult Members

Wednesday, July 23rd, 2:15 - 3:15pm, Studio D

Ask questions, meet other members, learn about program offerings, and get help with tech difficulties involving the Y App!

Coffee and Conversation

Wednesday, July 30th, 11:30am - 12:30pm, Lobby

Coffee, and socializing! Our goal is to help foster new friendships and connections.

Book Club: Books@Brooks

Thursday, July 31st, 2:15 - 3:15pm, Studio D

This month's book is *The Nightingale*, by Kristin Hannah. Reading the book is encouraged, but not required. The Book Selection List will be made available to all who would like to see it.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win a prize: The Senior of the Month Parking Spot! **Pick up your card at the Welcome Center today!**

PLEASE remember to swipe your membership card or scan in at the front desk with **EVERY** visit in to the YMCA! We depend on you!

Have suggestions, inspiration, or feedback? Reach out to Sheri Nash, our Brooks Family YMCA Healthy Aging Coordinator!
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Phone: 904.902.7973