

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.

BROWN FAMILY YMCA | 170 Landrum Lane | 904.543.9622 | JULY 2025

JULY EVENTS AND ACTIVITIES

Events are offered at no cost and require reservations (unless otherwise noted).
Reservations can be made in the FCYMCA app or online at fcymca.org.

TECH 101: FCYMCA APP & Y REWARDS WORKSHOP

Monday, July 7th, 12:45 – 2:45pm, Healthy Living Center

Want to get the most out of your YMCA experience? Join our workshop where Brett Ravencraft will guide us through the FCYMCA App along with maximizing your Y Rewards. Bring your smartphone and your questions - this session is perfect for all levels!

(Registration Class Name – Healthy Aging Tech 101)

MAHJONG

Wednesdays, 12:30 - 2:30pm, Healthy Living Center

Come join us every Wednesday for Mahjong! Whether you're a seasoned player or just starting out, everyone is welcome. **If you're new to the game, come by on July 9th or July 23rd to learn from experienced instructors**, then stay to play and practice your new skills with a welcoming group of players.

(Registration Class Name – Healthy Aging Mahjong)

MAHJONG FOR SEASONED PLAYERS

Thursdays, July 10th and 24th, 12:45 - 2:45pm, Healthy Living Center

Experienced Mah Jong players, come join us for a fun afternoon. **Instructors will NOT be present.**

(Registration Class Name – Healthy Aging Mahjong)

PICKLEBALL 101

Wednesday, July 16th, 10:00 - 11:00am, Pickleball Courts

Register now for a FREE introduction to Pickleball for an informative and fun time playing. Paddles and balls will be provided. **Please register at www.courtreserve.com**

BOOK CLUB

Thursday July 17th 11:30am - 12:15pm, Healthy Living Center

Join us for a lively discussion of the Book, "The Girl with the Louding Voice" by Abi Dare'. Even if you haven't read the book, we'd still loved for you to join us - come share your suggestions for next month's pick! Come for the Books, Stay for the Community!

(Registration Class Name – Healthy Aging Book Club)

LUNCH BUNCH

Thursday, July 17th, 1:00 – 2:30pm, Nona Blue (325 Front Street, Ponte Vedra Beach)

Meet for lunch at Nona Blue Modern Tavern to enjoy a yummy lunch while socializing. ***Participants will be responsible for paying for their own meals***

(Registration Class Name – Healthy Aging Lunch Bunch)

PAINTING PARTY: WATER MARBLING PAINTING

Friday, July 18th, 1:00 – 3:00pm, Healthy Living Center

Join us for a colorful and fun afternoon as Diane and Ken Maruszczak show us how to create a Water Marbling Painting on paper- an easy and beautiful art technique where paint floats on a soft surface and is transferred to paper in stunning designs. No experience needed! Reserve early because spots are limited.

(Registration Class Name – Healthy Aging Painting Party)

WALKING CLUB

Thursday, July 24th, 9:00 – 10:00am, YMCA Front Entrance

Led by Sarah Ritchie, this gentle walk invites you to unwind, observe, and enjoy the peaceful rhythm of the outdoors in the company of friends.

(Registration Class Name – Healthy Aging Walking Club)