

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.

JOHNSON FAMILY YMCA | 5700 Cleveland Road | 904.765.3589 | 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.

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, July 7, 9:30 – 10:30am, Teen Center

All are welcome to attend.

FOOD PANTRY MONDAYS

Mondays, July 7, 14, 21, and 28, 12:00 – 2:00pm, Food Pantry

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. While supplies last. All are welcome to attend. No registration required.

WEEKLY BIBLE STUDY with PASTOR PERRY ROBINSON

Wednesdays, July 2, 9, 16, 23, and 30, 10:30 – 11:30am, Healthy Living Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, July 2, 9, 16, 23, and 30, 1:00 – 2:00pm, Front Lawn

Join us learning about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

CROCHET CLASS

Monday, July 14 and 21, 10:00 – 11:30am, Healthy Living Center

Whether you are just starting out crocheting, or you have been crocheting for years, this crochet class is for you!

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Tuesday, July 22, 11:00am – 12:30pm, Healthy Living Center

Introducing "Conversations with Saundra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.

JULY MEMBER APPRECIATION: ICE CREAM SOCIAL

Wednesday, July 23, 12:00 – 2:00pm, Teen Center

Let's all scream for ice cream. Join us to give thanks for our members and guests with an ice cream social with all the toppings while supplies last.

THE CONNECTION COLLECTIVE: MENTAL WELLNESS GROUP

Thursday, July 24, 11:00am – 12:30pm, Healthy Living Center

This mental wellness peer-led series with Mr. Robert aims to educate and empower individuals to improve their mental health and well-being with specialized topics for adults.

MID-DAY MOVIE: G20

Thursday, July 31, 11:00am – 1:00pm, Teen Center

Enjoy the movie, G20 (2025). When the G20 summit comes under siege, U.S. President Danielle Sutton (Academy Award® winner Viola Davis) becomes the number one target. **Rated R.** Popcorn served.