

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.

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 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





IT'S NEVER TOO LATE TO FEEL GREAT.

ST. AUGUSTINE FAMILY YMCA | 500 Pope Road | 904.471.9622 | 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.**

MAHJONG

Wednesday, July 2nd, 10:00 – 11:30am, Former Cycle Room

Put your mind to the test with a fun game of Mahjong.

COOKIE DECORATING: EVERYONE LOVES COOKIES

Wednesday, July 9th, 10:30 – 11:30am, Former Cycle Room

Who loves cookies with friends? Join us in the former cycle room as we celebrate National Sugar Cookie Day with friends and decorate and eat yummy cookies.

SAFETY SEMINAR: ENVIRONMENTAL HEALTH with the HEALTH DEPARTMENT

Thursday, July 10th, 12:00 – 2:00pm, Former Cycle Room

It's summertime and the grandkids are coming over. How do you protect your home from toxins that can be harmful? How do you protect their skin if they want to play outside or in the water? Join the Health Department and talk about what to look for when it comes to protecting yourself and loved ones.

CHAT AND CHEW: NATIONAL FRENCH FRY DAY

Friday, July 11th, 10:30 - 11:00am, Former Cycle Room

Why not celebrate National French Fry Day with friends? Please join us in the former cycle room to enjoy learning healthy recipes for French fries and learning how to cook them while testing them out!

SPECIAL CLASS: LINE DANCING with LORI

Wednesday, July 16th, 2:00 - 2:30pm, Former Cycle Room

Line, camera, action!!! Come on in and enjoy some line dancing with Lori and friends. **(PLEASE REGISTER IN YOUR APP'S CLASSES UNDER HEALTHY AGING SPECIAL CLASS)**

ICE CREAM SOCIAL

Wednesday, July 23rd, 11:00am - 12:00pm, Lobby

Please join our staff in the lobby and enjoy a scoop of ice cream and toppings with friends as we chat about what's happening at the YMCA.

BOOK CLUB

Monday, July 28th, 10:00 - 10:30am, Former Cycle Room

Introducing Author Andrew Stack to the Book Club and deciding on a new book.

BIRTHDAY CELEBRATION

Thursday, July 30th, 10:00am - 12:00pm, Lobby

Are you or someone you know celebrating a July birthday? Please join us in celebrating yours or someone else's birthday during the month of July.

Don't forget your PUNCH!

**TEN punches on your 50 & Better punch card(s) enters you to win a PRIZE
Pick up your card at the Welcome Center today!**