

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.

YMCA AT BAPTIST NORTH | 11236 Baptist Health Drive | 904.592.9622 | 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.**

MOVIE MATINEE

WEDNESDAY, JULY 2ND, from 12:30 - 3:00pm, Healthy Living Center

Come join us watch *The Six Triple Eight*. Snacks provided.

BOOK CLUB

WEDNESDAY, JULY 9TH, from 12:30-2:30pm, Studio A

Join us to discuss, *The Red Scarf Girl: A Memoir of The Cultural Revolution*, by Ji-Li Jiang.

WALKING CLUB

FRIDAY, JULY 11TH, from 3:00 - 4:00pm, Wellness Floor

"LET'S BEAT THE HEAT" and walk together on the treadmills.

PUZZLES: CROSS WORDS AND SUDOKU

MONDAY, JULY 14TH, from 12:30 - 2:00pm, Studio A

Learn the benefits of puzzles and how to keep your mind sharp

BOWLING

WEDNESDAY, JULY 16TH, from 12:30 - 2:15pm, King Pins Bowling Center (5310 Lenox Ave)

Get out and knock over some pins. You get shoes, two games, and a hotdog lunch for \$8.50

***Sign up in the app. Payment can be made at the Bowling Alley.**

PARTY AND PLAY: BINGO AND BIRTHDAYS

WEDNESDAY, JULY 23RD, from 12:15 - 1:30pm, Studio A

Join us for an afternoon shouting your favorite word-BINGO! We will have prizes for winners, fun with Friends, and lots of laughs. We will also be celebrating this month's birthdays!

QUILTING

MONDAY, JULY 28TH, from 12:30 - 2:00pm, KidZone

Continue Quilting, and we will introduce the sewing machine.

POTLUCK: SUMMER COOKOUT

WEDNESDAY, JULY 30TH, from 12:30 - 2:30pm, Studio A

Join us for an afternoon of food, fun and fellowship, as we welcome in the Summer!! Please bring a dish to share with your Y friends.

Don't forget your PUNCH!

TEN punches on your 50 & Better punch card(s) enters you to win YMCA swag!

Pick up your card at the Welcome Center today!