

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 FLAGLER HEALTH VILLAGE | 98 Turin Terrace | 904.500.9622 | 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 Monday!

Mondays, 1:00 - 4:00pm, Trinity North Church

Must know how to play. If you are interested but do not know how to play, please contact Lisa at Ldole@fcymca.org

Bible Study

Wednesdays, July 2nd & 16th, 1:30 – 3:00pm, Trinity North Church

Our fellow members and volunteers Alen Felumlee and David Greer will be leading our community in faith-based studies. The Bible is a part of daily life for both men, and they look forward to exploring the Word with you in whatever form will best meet the needs of our collective group. The group is currently studying "Growing Older & Wiser" by LifeGuide. **All denominations are welcome.**

Book Club: For the Love of Reading!

Tuesday, July 8th, 1:00 - 2:00pm, Trinity North Church

The Magnificent Lives of Marjorie Post by Alison Pataki. Presidents have come and gone, but she has hosted them all. Always think for yourself, never take success for granted, and work hard- even when deemed American royalty, even while covered in imperial diamonds. Join us as we discuss this book and decide on a book for next month.

Game Day!

Wednesday, July 9th, 12:45 - 1:45pm, Trinity North Church

Come join other individuals who love to play Board Games, Cards, Puzzles and other social games. Bring your own game and teach others how to play! Come ready to laugh and have fun! Some games provided.

Close-KNIT Game Crew

Friday, July 11th, 1:00 - 2:00pm, Trinity North Church

Do you like to crochet or knit? Join us, use your own pattern, or use one we have. We can teach basic crochet skills if you like to learn! If crochet and knitting are not for you, join us for games and conversations. All games are provided.

Lunch Bunch: Cinco de Mayo

Friday, July 25th, 12:30 – 2:00pm, Meet at Cinco de Mayo Mexican restaurant in MuraBella

Enjoy conversation and fun! Please make sure to reserve your spot in the app. **Participants are responsible for paying for their own meal.**

BINGO

Wednesday, July 30th, 1:30 - 2:30pm, Trinity North Church

Join us as you yell your favorite word...BINGO! Win prizes while making friends!