

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 NOCATEE | 400 Colonnade Drive | 904.671.9622 | 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.

Healthy Aging Majong Meetup

Every Friday, 2:00 – 5:00pm, Multi-purpose Room

If you are a Mahjong lover, come see us every Friday at the Y for fun and friendship!

Requirements: Must know how to play and have a card.

Special Class: Healthy Aging Chair Yoga Pop-up

Fridays, July 11th & 25th, 3:15 – 4:00pm, Studio A

Join instructor Jill for a special pop-up Chair Yoga class featuring gentle, breath-led movement – seated or with chair support. Rooted in yoga's healing traditions, this practice enhances strength and mobility, while intuitively guiding you back to your body's natural intelligence.

Healthy Aging Social

Thursday, July 3rd, 4:00 – 6:00pm, Coastal Wine

Enjoy Happy Hour specials! This trip is all about good times, laughter, and making memories!

*** Participants will be responsible for paying for their own drinks. ***

Healthy Aging Lunch Bunch

Wednesday, July 9th, 12:30 – 2:00pm, The Loop

Food and Friendship! Enjoy a yummy lunch while socializing with your fellow members.

*** Participants will be responsible for paying for their own food. ***

Coffee and Convo: Trainer Talk

Monday, July 14th, 11:30am – 12:00pm, Multi-purpose Room

Join trainer Kristin for "Fueling Wellness Over 50"...Grab a cup of coffee and let's talk wellness, movement, and smart choices.

Healthy Aging Trivia

Tuesday, July 15th, 7:00 – 8:30pm, Nocatee Treylor Park

Join the YMCA Healthy Aging team of Ys and Y Notes as we compete with our general knowledge!

Coffee and Convo

Wednesday, July 23rd, 9:30 – 10:30am, Seasons Café at the YMCA

Join fellow members over the fragrant aroma of coffee and good conversation. A great way to meet new friends!

*** Participants will be responsible for paying for their own coffee. ***

Book Club

Tuesday, July 29th, 3:30 – 4:30pm, Multi-purpose Room Join our Book Club for some fantastic literary discussion...and fellowship! Email eblumberg@fcymca.org for the book title.