

## A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | [www.fcymca.org](http://www.fcymca.org) | [myhealth@fcymca.org](mailto: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 WILDLIGHT | 251 Breezeway Street | 904.849.9622 | 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](http://fcymca.org).

### Walking Club

**Saturdays, July 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup>, 9:00 – 10:00am, Upstairs Walking Track**  
Come with your walking shoes on as you join Mrs. Evelyn for some walking and talking.

### Bible Study

**Tuesday, July 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>, 6:30 – 7:30pm, Lobby**

Come join us for Bible study as Mr. Miller speaks on Forged in the Spirit - How To Be Shaped Into Christ (Prov. 27:17). All denominations are welcome.

### Arts & Crafts: 4<sup>th</sup> of July Craft

**Tuesday, July 1<sup>st</sup>, 12:00 – 1:00pm, Teen Center**

Come be creative with us as we craft up our very own Independence Day Craft.

### BINGO!

**Thursdays, July 3<sup>rd</sup>, 12:00 – 1:00pm, Teen Center**

Who doesn't love the classic game of Bingo!? Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **Please feel free to bring yourself some lunch or a snack to enjoy while playing.**

### Holiday Party

**Friday, July 4<sup>th</sup>, 12:00 – 1:30pm, Teen Center**

Come Celebrate Independence Day with food, fun, and friends! Bring a dish to share. Sign-up sheet available at the membership desk.

### Chat & Chew

**Tuesday, July 8<sup>th</sup>, 9:00 – 10:00am, Lobby**

Join us for a relaxing morning of conversation, coffee and light refreshments.

### Puzzles

**Tuesday, July 15<sup>th</sup>, 12:30 – 1:30pm, Teen Center**

Stop by for some good ol' conversation and puzzle building as we chit-chat about the week or upcoming plans!

**Please feel free to bring yourself some lunch or a snack to enjoy.**

### Brunch Bunch

**Thursday, July 17<sup>th</sup>, 12:15 – 2:00pm, Grumpy's**

Join us at Grumpy's for some delicious Brunch and great convo. Be sure to reserve your spot in the app! **\*Participants will be responsible for paying for their own meals.\***

### Arts & Crafts: Tie Dye

**Friday, July 18<sup>th</sup>, 6:15 – 7:00pm, Outside Side of the Building**

We invite you to join us at our Families Unplugged event as you bring your own white clothing items, such as t-shirts, socks, or bandanas etc. The YMCA will provide all the necessary tool to Dye your item of choice. **\$5 per participant. Please visit the Welcome Center to reserve your spot and make payment.**

### Volunteer Opportunity

**Saturday, July 26<sup>th</sup>, 10:00 – 12:00pm, Wildlight YMCA, Upstairs**

Come joins us as a volunteer to help with our Back-to-School Bash for children of military families. You will help with crafts and traffic control. If you can assist, **PLEASE sign up at the Welcome Center no later than July 23<sup>rd</sup>. (Reservations in the app are not required.)**

### Game Day

**Tuesday, July 29<sup>th</sup>, 12:15 – 1:00pm, Outside Turf Area**

Come compete with us in Chair Volleyball! (We will be using a beach ball.)

### Cooking Demonstration with Feeding Northeast Florida

**Thursday, July 31<sup>st</sup>, 12:00 – 1:00pm, Teen Center**

Enjoy a cooking demonstration with Erik from Feeding Northeast Florida as he teaches how to focus on healthy habits and cooking confidence! Small food samples will be provided to all that attend.