



# INMOTION

## 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 2026

Summer is in full swing, and July is the perfect time to invest in your health and well-being. Whether you're walking with friends, attending a fitness class, learning new healthy habits, or simply staying active each day, every step you take supports a stronger, healthier future. This month, challenge yourself to try a new class, visit a new YMCA branch, or invite a friend to join you for a workout!

### Did You Know?

If you participate through SilverSneakers®, Renew Active®, or Silver&Fit®, your membership gives you access to ALL First Coast YMCA branches! To gain access to any of our locations, simply swipe your card at the Welcome Center.

Take advantage of everything the YMCA has to offer across our association, including:

- Fitness centers
- Group exercise classes (reservations are required for our group fitness classes at all Y branches)
- Pools and water fitness programs



### Stay Cool, Stay Safe

Florida summers can be hot and humid! Keep these tips in mind:

- ✓ Drink plenty of water throughout the day
- ✓ Exercise during cooler morning or evening hours
- ✓ Wear light-colored, breathable clothing
- ✓ Take breaks when exercising outdoors
- ✓ Know the signs of heat exhaustion, including dizziness, headache, and excessive sweating



## BARCO NEWTON FAMILY YMCA

2075 Town Center Blvd.

904.278.9622

**JULY 2026**

**Events and Activities**

[cszczukowski@fcymca.org](mailto:cszczukowski@fcymca.org)

**Events are offered at no cost and require reservations  
(unless otherwise noted).**

**Reservations can be made in our FCYMCA app or online at [fcymca.org](http://fcymca.org).**

### **Game Day: Game on, Seniors!**

**Every Wednesday, 12:30 – 1:30pm, Studio B**

Stay playful while enjoying a variety of games each week to stay sharp and play hard!

### **Arts & Crafts**

**Thursday, July 9<sup>th</sup>, 10:30 – 11:30am,**

**Hosted at Pruitt Health (20240 Town Center Blvd., Fleming Island / 904.293.1311)**

Come celebrate the Red, White, and Blue and make a decoupage creation using an oyster shell and patriotic napkins celebrating America's 250<sup>th</sup> birthday – ring holder, ornament, decoration. **PLEASE MAKE YOUR RESERVATION BY JULY 6<sup>th</sup>.**

### **Walking Club: 30 Minute Wellness Walk**

**Tuesday, July 14<sup>th</sup> & July 28<sup>th</sup>, 9:00 – 9:30am, meet inside at front entrance**

Get your cardio in and join us for a 30-minute brisk wellness walk around the surrounding grounds of the Y to warm up the body for the day!

### **Coffee and Convo**

**Thursday, July 16<sup>th</sup> & July 30<sup>th</sup>, 10:30am – 12:00pm**

**Meet at Brew-Bakers Café (1811 Golden Eagle Way, Fleming Island)**

Come for coffee and fellowship! Book Club to join on the 30<sup>th</sup>!

**Each participant will be responsible to pay for their own coffee and food.**

### **Bingo Night**

**Tuesday, July 21<sup>st</sup>, 5:00 – 6:30pm, Family Activity Center**

**Join us for a chance to win a staycation at the new Hilton Mayo Clinic (Jacksonville Beach)!**

Come enjoy a night of fun, fellowship, and a chance to win a staycation at the new Hilton on Mayo Clinic Campus/beaches area – weekend one-night stay with breakfast for two (based on availability).

All attendees will have their name in the drawing and those who win at bingo will add their name each time they win – better chance to win! Bring an appetizer to share (optional).

**PLEASE MAKE YOUR RESERVATION BY JULY 17<sup>th</sup>.**

**“Embrace the warmth of July to ignite the fire within you.”**