



INMOTION

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | 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



BROOKS FAMILY YMCA

10423 Centurion Parkway N.

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JULY 2026

Events and Activities

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**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.**

Bible Study

Every Friday, 12:00 - 1:00pm, Studio D

Once a week reading of the Holy Bible. All denominations are welcome.

Game Day: Games and Gab

Tuesdays, July 7th and July 21st, 11:30am - 12:30pm, Studio D

Bring your own lunch/snack and get ready to play games (board games, card games, brain teasers, etc.)! Socializing with a little friendly competition and mental stimulation!

Bocce Ball

Wednesday, July 8th, 11:45am - 12:45pm, Studio B

Come enjoy the fun! Learn a new game and get gentle exercise, either standing OR using a chair!

Music Bingo with ArchWell Health

Thursday, July 9th, 1:00 - 2:00pm, Conference Room

Join us for some music-inspired Bingo FUN!

Lunch Bunch

Monday, July 13th, 12:30 - 2:00pm, meet at Metro Dinner on Baymeadows Road

Join your fellow members for food and fun! ***Participants responsible for paying for their own meal.***

Mahjong Events

(all Mahjong will be in Studio D and limited to 16 participants...reserve your spot!)

Join the Y - and your fellow members - for Mahjong!

Wednesday, July 8th, 10:00am - 11:00am AND Wednesday, July 22nd, 1:00 - 3:00pm

Tuesdays, July 14th and 28th, 11:30am - 12:30pm

Coffee and Conversation

Wednesday, July 15th, 11:30am - 12:30pm, Lobby

Coffee (and tea and cocoa), homemade baked goods, and socializing! Foster new friendships and connections.

New Member Orientation

Wednesday, June 15th, 1:15 - 3:15pm, Studio D

Ask questions, meet others, learn about programs, and get help with tech difficulties involving the Y App!

Volunteer Meeting

Friday, July 17th, 10:00 - 11:00am, Studio D

Interested in volunteering? Come to the meeting to find out what's happening and ask questions!

BINGO!

Friday, July 17th, 11:30am - 12:00pm, Studio B

Presentation: Healthy Eating Discussion and Produce Giveaway with ArchWell Health

Wednesday, July 22nd, 11:00am - 12:00pm, Conference Room

Learn about healthy eating choices and get some free fresh produce from ArchWell Health!

Book Club: Books@Brooks

Thursday, July 30th, 2:15 - 3:15pm, Studio D

This month's read is *Theo of Golden*, by Allen Levi. Reading the book is encouraged, but not required. 2026 Book List available upon request.

Have suggestions, inspiration, or feedback? Please reach out to Judy Carol, Brooks Family YMCA Healthy Aging Coordinator, at jcarol@fcymca.org.