



# 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



BROWN FAMILY YMCA

170 Landrum Lane

904.543.9622

**JULY 2026**

**Events and Activities**

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

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**Events are offered at no cost and require reservations (unless otherwise noted). Reservations can be made in our FCYMCA app (select 'Classes' and filter by Healthy Aging class type) or online at [fcymca.org](http://fcymca.org).**

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### WOMEN'S BIBLE STUDY

**Every Wednesday, 9:00 - 10:00am, Horschel Center for Health & Wellbeing**

Come connect, learn, and be encouraged at our Ladies Bible Study. We'd love to have you join us!

**(Registration Class Name - Healthy Aging Bible Study\*\*)**

### CANASTA

**Every Friday, 12:45 - 2:45pm, Horschel Center for Health & Wellbeing**

Come join us for Canasta. Whether you're a seasoned player, just starting out or want to learn to play, everyone is welcome. **(Registration Class Name - Healthy Aging Canasta)**

### MAHJONG 101: LEARN TO PLAY MAHJONG (INSTRUCTOR PRESENT)

**Wednesdays, July 8<sup>th</sup> and 22<sup>nd</sup>, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing**

If you're new to the game, come by on one of these days to learn from experienced instructors...then stay to play and practice your new skills. **(Registration Class Name - Healthy Aging Mahjong 101)**

### ALL-LEVEL MAHJONG (NO instructors present except on Mah Jong 101 dates above)

**Every Wednesday, 12:30 - 2:30pm, Horschel Center for Health & Wellbeing**

Come join us every Wednesday for Mahjong, whether you're a seasoned player or a beginner.

**(Registration Class Name - Healthy Aging All Lvl Mahjong)**

### SKILLED MAHJONG (NO instructors OR instructions)

**Thursday, July 9<sup>th</sup> 12:30 - 2:30pm, Horschel Center for Health & Wellbeing**

Calling all Master Mahjong players come and join us. There will be no Instructor or instructions on these days. Please come ready to sit down and play. **(Registration Class Name - Healthy Aging Skilled Mahjong)**

### TECH 101: TECH HELP WITH DAVID

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

Need help with your devices? Bring your smartphone, laptops, e-reader, and your tech questions! David will be on hand to help with your technology needs. **(Registration Class Name - Healthy Aging Tech 101)**

### BOOK CLUB

**Thursday, July 16<sup>th</sup>, 11:30am - 12:30pm, Horschel Center for Health & Wellbeing**

Join us for a lively discussion of the Book, "The Tattooist of Auschwitz" by Heather Morris. Even if you haven't had a chance to read the book, we'd still love you to join us.

**(Registration Class Name - Healthy Aging Book Club)**

### LUNCH BUNCH

**Thursday, July 16<sup>th</sup>, 1:00 - 2:30pm, 1810 Tacos y Tequila (950 Marsh Landing Parkway)**

Meet for lunch at to enjoy a yummy lunch together while socializing with friends or maybe even make a few new ones. **Participants responsible for paying for their own meals.**

**(Registration Class Name - Healthy Aging Lunch Bunch)**

### MEDITATION

**Thursday, July 23<sup>rd</sup>, 1:00 - 2:00pm, Horschel Center for Health & Wellbeing**

Take a pause from the noise and reconnect with yourself. Join our Meditation Class and experience calm, clarity, and balance—one breath at a time. **(Registration Class Name - Healthy Aging Mediation)**