



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



DYE CLAY FAMILY YMCA

3322 Moody Avenue

904.272.4304

JULY 2026

Events and Activities

ksutton@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.

If you are unable to keep your reservation(s), PLEASE CANCEL out of consideration for others.

COFFEE AND CONVO

Wednesday, July 1st, 9:30 – 10:30am, Lobby

Join Kimberly for Coffee & Conversation! Enjoy a cup of coffee, connect with friends, and learn about upcoming events, classes, and activities. Whether you're new to the YMCA or a familiar face, everyone is welcome.

GAME DAY: Bunko

Wednesday, July 8th, 12:30 - 1:30pm, Studio B

Join us for a fun afternoon of dice rolling, laughter, and great company! No experience needed—just come ready to play, socialize, and enjoy some lighthearted competition. Prizes, snacks, and plenty of smiles included.

16 spots available...be sure to make your reservation!

ARTS AND CRAFTS: Paint with Jackie

Friday, July 10th, 12:30 - 2:30pm, Studio B

Get into the holiday spirit early with our Christmas in July Paint with Jackie class! Create a festive hand-painted tea towel perfect for decorating your home or giving as a thoughtful gift. **10 spots available...be sure to**

make your reservation!

PARTY AND PLAY: BINGO and Birthdays

Monday, July 13th, 12:30 - 1:30pm, Studio B

Fun, prizes, and more!!! If you are celebrating a birthday in July, stop by BINGO and enjoy a sweet treat with your friends and family.

WORKSHOP: Hurricane Preparedness, presented by ArchWell Health

Friday, July 17th, 12:30 - 1:30pm, Studio B

Stay informed and prepared this hurricane season. Join Archwell Health for valuable preparedness tips and resources. Refreshments will be provided.

MUSIC BINGO, presented by ArchWell Health

Thursday, July 23rd, 12:30 - 1:30pm, Studio B

Join ArchWell Health for an afternoon of Music Bingo! Test your music knowledge, sing along to your favorite tunes, and enjoy friendly competition with friends. Prizes, fun, and plenty of great music await!

ARTS AND CRAFTS: Paint with Jackie

Friday, July 24th, 12:30 - 2:30pm, Studio B

Join us for a creative and relaxing class as Jackie guides you step-by-step in creating a Patriotic Sunflower painting on a canvas. No experience necessary—just bring your creativity and enjoy a fun, inspiring! **12 spots**

available...be sure to make your reservation!

GAME DAY: Yahtzee

Wednesday, July 29th, 12:30 - 1:30pm, Studio B

Join us for a fun afternoon of dice rolling, laughter, and great company! No experience needed—just come ready to play, socialize, and enjoy some lighthearted competition. Snacks and plenty of smiles included. **15 spots**

available...be sure to make your reservation!

LUNCH BUNCH: Whitey's Fish Camp

Friday, July 31st, 12:30 - 2:30pm, Whitey's Fish Camp (2032 County Rd. 220)

Meet us at Whitey's Fish Camp for lunch, fellowship, and good company. Transportation is not provided.

Participants will be responsible for paying for their own meals.