



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



JOHNSON FAMILY YMCA

5700 Cleveland Road

904.765.3589

JUNE 2026

Events and Activities

fmcgrown@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.

BIBLE STUDY with CLAUDIA FLAGLER & SARAH DELIGAR

Wednesdays, July 1, 8, 15, 22 and 29, 10:00 – 11:00am, Healthy Living Center

All are invited to explore a fresh and non-denominational discovery of God's Word and Spirit.

GARDEN CLUB WITH OZZIE HICKS, MASTER GARDENER

Wednesdays, July 1, 8, 15, 22 and 29, 1:00 – 2:00pm, Front Lawn

Come learn about gardening and gain hands-on experience growing your own food and greenspaces as we champion environmental responsibility with a master gardener. No experience needed.

FOOD PANTRY WEDNESDAYS & FRIDAYS at Johnson Family YMCA

Wednesdays, 3:00 – 5:00 pm AND Fridays, 12:00 – 2:00pm

With a heart to serve our community, we're offering a wide range of food items for those who need a helping hand. **While supplies last. All are welcome to attend, no registration required. Valid ID needed for first visit.**

AOA (ACTIVE OLDER ADULTS) MEETING

Monday, July 6, 9:30 – 10:30 am, Healthy Living Center

All are welcome to attend.

CROCHET CLASS

Monday, July 13 and 20, 10:00 – 11:30am, Healthy Living Center

Whether you are just starting out crocheting, or you have been crocheting for years, this crochet class is for you.

CULTURE CLUB: The Historic American Beach at the A.L. Lewis Museum

Friday, July 10, 10:00am – 4:00pm, 1600 Julia St, Fernandina Beach, FL 32034

Join the Culture Club on the road as we explore the history of American Beach with a curated tour and history lesson at the A.L. Lewis Museum. American Beach, located north of Jacksonville on Amelia Island in Nassau County, was co-founded in 1935 by Florida's first black millionaire, Abraham Lincoln Lewis. **Tickets are \$40...visit the Welcome Center to reserve your spot and make payment. Transportation and lunch are included.**

R&B BINGO

Tuesday, July 14, 10:00am – 12:00pm, Healthy Living Center

Join us for an interactive game night and throwback party where traditional bingo numbers are replaced with popular R&B song titles. Snacks will be provided. All are welcome to attend. **Tickets are \$15...visit the Welcome Center to reserve your spot and make payment.**

JULY MEMBER APPRECIATION: HOT DIGGITY DOG, IT'S JULY!

Thursday, July 16, 3:00 – 5:00 pm, Healthy Living Center

We are grilling all beef hot dogs and making frozen icees for July's Member Appreciation, Birthdays, and Recognitions while supplies last. All are welcome to attend. **Please be sure to reserve your spot in the app or online so we can have an accurate head count.**

THE CONNECTION COLLECTIVE: WOMEN'S GROUP

Monday, July 27, 11:00am – 12:30pm, Healthy Living Center

Introducing "Conversations with Sandra C. Gadsden Ministries", a peer-led support group. Women are invited to empower, enrich, and encourage each other to fulfill their purpose.