



# 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



WINSTON FAMILY YMCA

221 Riverside Avenue

904.355.1436

**JULY 2026**

**Events and Activities**

[kplum@fcymca.org](mailto:kplum@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 or online at [fcymca.org](http://fcymca.org).**

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### Crochet / Knitting Class

**Mondays, 1:30 – 3:30pm, Teaching Kitchen**

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. For those interested we are working on projects to donate to the Ronald McDonald House in San Marco. Some supplies available.

### Potluck: Independence Day Celebration

**Wednesday, July 1<sup>st</sup>, 10:00 – 11:00am, Teaching Kitchen**

Come celebrate America's 250<sup>th</sup> Birthday with us! Bring a dish or finger food to share.

### Bible Study

**Friday, July 3<sup>rd</sup>, 11:00am – 12:00pm, Teaching Kitchen**

Studying from Joyce Meyer's *In Search Of Wisdom, Life Changing Truths From The Book Of Proverbs*, available on Amazon. Reading from Psalms Chapter 6. Please bring your Bible and Notebook as well. All denominations are welcome!

### Party & Play: Birthdays and BINGO

**Tuesday, July 7<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Come celebrate our fellow members with May birthdays...and enjoy some BINGO fun!

### Brunch & Learn

**Tuesday, July 14<sup>th</sup>, 10:00 – 11:00am, Teaching Kitchen**

Learn about health and nutrition with guest speaker Kerri Napoleon, Registered Dietician Nutritionist.

**Brunch will be provided to all registrants. Reservations required!**

### Bowling

**Wednesday, July 15<sup>th</sup>, 12:00 – 1:30pm, Batt Family Fun Center (1838 Cassat Avenue)**

Join us for some bowling fun & healthy competition. \$15.00 gets 2 full games on private lanes. Lunch & Shoes not included. **Payment will be made at Bowling Lanes. Reserve your spot in the YMCA app!**

### Field Trip: 3<sup>rd</sup> Annual Literary Indulgence Book Festival

**Saturday, July 18<sup>th</sup>, 10:00am – 4:00pm, Meet at FSCJ Kent Campus (3939 Roosevelt Blvd)**

Enjoy spending the day with your Y friends as we enjoy over 40 featured authors, music, vendors, and food trucks at the FREE event! Transportation will not be provided. **Any associated costs and purchases at the event will be the responsibility of the participating members.**

### Brunch & Learn

**Tuesday, July 21<sup>st</sup>, 10:00 – 11:00am, Teaching Kitchen**

How to spot scams & avoid identity theft with Ted Doss from VyStar. **Brunch will be provided to all registrants. Reservations required!**

### Lunch Bunch

**Tuesday, July 28<sup>th</sup>, 11:45am – 1:00pm, Metro Diner (4495 Roosevelt Blvd)**

Join us for food, fun, and friendship. One lucky participant will have their lunch covered by the Y!

**Participants are responsible for paying for their meals.**

### Painting Party

**Friday, July 31<sup>st</sup>, 10:00 – 11:30am, Teaching Kitchen**

Come unleash your inner artist....no experience required!