



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



YMCA AT FLAGER HEALTH VILLAGE

98 Turin Terrace

904.500.9622

JULY 2026 Events and Activities

Idole@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.

All July Healthy Aging events will be held at Trinity North Church, 6350 CR 16A in St. Augustine.

Mahjong Mondays

Every Monday, 12:30 - 3:00pm, Trinity North Campus

Calling all Mahjong players! Join us for fun Monday afternoons of playing your favorite game!

Mahjong 101 (July 20th, 12:30 – 3:00pm at Trinity North Campus)

The **third Monday** of the month will be a time when members can learn about the game and be taught how to play as seasoned players continue with Mahjong Mondays!

Bible Study

Wednesdays, July 1st, 15th, & 29th, 1:30 – 3:00pm, Trinity North Campus

Our fellow members and volunteers, Alen Felumlee and David Greer, will be leading our community in faith-based studies. All denominations are welcome. We will be going through the New Testament.

Book Club

Tuesday, July 14th, 1:00 - 2:00pm, Trinity North Campus

The Choice by Nicholas Spark confronts us with the most heart wrenching questions of all: how far would you go to keep the hope of love alive? Join us as we discuss this novel.

Please have the book read by July 14th.

Coffee & Convo

Thursday, July 16th, 9:00 - 10:00am, Trinity North Campus

Calling all men and women of the YMCA! Join us as we sip coffee/tea and have easy conversation about current events, life happenings, and fun times.

Members will be responsible for paying for their own coffee/tea.

BINGO!

Wednesday, July 22nd, 1:00 - 2:00pm, Trinity North Campus

Join as you yell your favorite word... BINGO! Win prizes while making friends! Bring a smile and be ready to laugh! You won't want to miss it!

Lunch Bunch: Caddy Shack

Friday, July 31st, 12:30 – 2:00pm, meet at Caddy Shack

Caddy Shack is located 455 S Legacy Trail, #E106 in St. Augustine. Join us for food and friends! Please make sure to reserve your spot in the app!

Members will be responsible for paying for their own meals.