



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 NOCATEE

400 Colonnade Drive

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JULY 2026

Events and Activities

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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.**

Mahjong Meetup

Every Friday, 2:00 - 5:00pm, Teen Center

Join fellow experienced players for a game that sharpens the mind and brings friends together.

Lunch Bunch

Monday, July 13th, 1:30 - 2:45pm, Timoti's (152 Crosswater Parkway, Unit 18)

Meet us at Timoti's for a fun lunch with Y friends!

Participants will be responsible for paying for their own meals.

Mindful Meditation

Fridays, July 17th, 24th, 31st, 1:15 - 1:45pm, Studio A

Join Libby for mindful meditations that will leave you feeling relaxed, rejuvenated, and at peace.

Morning Motor Social

Saturday, July 18th, 8:30 - 11:00am, Park Place (100 Palmetto Park Place)

Join Steve and fellow members to enjoy this free event...whether you admire sleek imports, high-performance exotics, American muscle cars, timeless classics, or simply appreciate a well-crafted ride, this is for you!

Presentation: The Fire Watch

Tuesday, July 21st, 10:30 - 11:30am, Baptist Wellness Center (Room 130)

The Fire Watch, Florida's community fighting to end veteran suicide, will share a presentation about how we can help prevent these tragedies.

Dominoes: Mexican Train

Tuesday, July 21st, 2:00 - 3:30pm, Multi-purpose Room

Join fellow members for the game, Mexican Train. Beginners welcome. Easy to learn and fun to play!

Book Club

Tuesday, July 28th, 3:30 - 4:30pm, Baptist Wellness Center (Room 130)

Join fellow book lovers for a discussion of the book Once There Were Wolves, by Charlotte McConaghy.

Coffee and Convo

Wednesday, July 29th, 9:30 - 10:30am, YMCA Lobby

Enjoy lively conversation over coffee while making new friends!

Participants will be responsible for paying for their own coffee/food items.