



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 WILDLIGHT

251 Breezeway Street

904.849.9622

JULY 2026

Events and Activities

sprentice@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.

Reservations are open at newsletter publication time and can be made at any time. There is not need to wait until 24 hours prior to event start time to reserve a spot in an event!

Walking Group

Saturdays in July, 9:00 – 10:00am, Upstairs Walking Track

Lace up your walking shoes and join Mrs. Evelyn for an hour of walking and talking! It's a great way to get moving, enjoy good company, and start your weekend off right. On select Saturdays, the group also picks up trash to help keep our community clean, takes relaxing nature walks, and even strolls to the local farmer's market. Every week brings something a little different. Come walk with us!

Holiday Potluck

Friday, July 3rd, 2:00 – 3:00pm, Teen Center

Come join us for the 4th of July Potluck and let us celebrate Independence Day together with tasty food, good company, and lots of fun. Bring your favorite dish to share, whether it is a main dish, side, dessert, or drink, there is always something for everyone to enjoy! We will have great conversations, laughter, and a relaxed time as we enjoy the holiday together. We cannot wait to celebrate with you!

Sign up sheet will be by the scan in box

BINGO!

Thursday, July 9th, 12:00 – 1:00pm, UF Health YMCA Hallway Entrance

Who doesn't love a classic game of BINGO?! Join us to win some fun prizes, socialization, and to shout everyone's favorite word – BINGO! **Please feel free to bring lunch or a snack to enjoy while playing.**

Game Day

Tuesday, July 21st, 12:00 – 1:00pm, UF Health YMCA Hallway Entrance

Get ready for an afternoon of fun, laughter, and friendly competition! Come enjoy a variety of games including chess, checkers, Chinese checkers, Mahjong, Old Maid, and puzzles. Bring a friend or come make new ones. **Please feel free to bring lunch or a snack to enjoy while playing.**

Lunch Bunch

Thursday, July 23rd, 12:15 – 2:00pm, Tenkura Sushi

Join us for lunch at Tenkura Sushi (next to Publix) 7600 William Burgess Blvd.

Come enjoy great food, good company, and a fun lunch together. We hope to see you there!

Please be sure to register in the app so we can get an accurate headcount and know who will be joining us.

Tech 101

Thursday, July 30th, 12:00 – 1:00pm, UF Health YMCA Hallway Entrance

Technology can sometimes feel overwhelming, especially with how quickly things change. Bring your phone, laptop, or tablet, and we will walk you through any issues step-by-step. We are here to help make technology simple and stress-free!