

A NEWSLETTER FOR ACTIVE OLDER ADULTS

YMCA OF FLORIDA'S FIRST COAST | www.fcymca.org | myhealth@fcymca.org | July 2025

World Drowning Prevention Day is July 25th.

Anyone can drown. No one should. Drowning can happen nearly anywhere with standing water. But, as a grandparent, parent, or caregiver, you can't keep children sidelined. You need to equip them with the tools they need to be confident in and around water so they don't lose out on the health benefits of exercise, the opportunities to bond with family and friends and the sense of accomplishment when they learn new skills. The Y encourages grandparents, parents and caregivers to take an active role in child's safety by ensuring they learn how to swim and by practicing these six evidence-based interventions in your household and local community.



CREATING AN INCLUSIVE ENVIRONMENT FOR ALL: DISABILITY PRIDE MONTH

Disability Pride Month is celebrated in July to commemorate the passing of the Americans with Disabilities Act (ADA) in 1990. At the YMCA of Florida's First Coast we're committed to creating a welcoming, inclusive environment in Northeast Florida where everyone has the opportunity to reach their full potential





IT'S NEVER TOO LATE TO FEEL GREAT.

DYE CLAY FAMILY YMCA | 3322 Moody Avenue | 904.272.4304 | JULY 2025

JULY EVENTS AND ACTIVITIES

**Events are offered at no cost and require reservations (unless otherwise noted).
Reservations can be made in our app and online at fcymca.org**

COFFEE AND CONVO

Monday, July 7th, 10:00 – 11:00am, Lobby

Join Healthy Aging Coordinator Jenny for coffee and pastries with open discussion about upcoming AOA activities, AOA Committee, and more. Your input is valuable!

ARTS AND CRAFTS

Wednesday, July 9th, 11:45am – 1:00pm, Studio B

Join us monthly in creating a new craft! Peer led and loads of fun! Lite snack provided.

MUSIC & MEMORIES

Wednesday, July 9th, 11:45am – 1:00pm, Studio B

Join us for a trip down memory lane! Enjoy listening to music that shaped our lives and journaling special memories! Lite snack provided.

LUNCH AND LEARN: CONVIVA

Tuesday, July 15th, 11:15am – 12:30pm, Studio B

Join us and our partner Conviva for an educational session. Lunch will be provided for all registrants.

MUSIC & MEMORIES

Wednesday, July 23rd, 11:45am – 1:00pm, Studio B

Join us for a trip down memory lane! Enjoy listening to music that shaped our lives and journaling special memories! Lite snack provided.

PARTY AND PLAY: BINGO & BIRTHDAYS

Thursday, July 24th, 12:15 – 1:30pm, Studio A

Fun, prizes, and more!!! If you are celebrating a birthday in July, stop by BINGO and enjoy a sweet treat with your AOA friends and family.

CELEBRATION: CHRISTMAS IN JULY

Monday, July 28th, 10:00 – 11:00am Studio B

Join us for fun holiday music and cookie decorating. Ugly sweaters/T-Shirts optional!

AQUA FITNESS CHALLENGE

Monday, July 28th, 1:00 – 2:30pm, Pool

Beat the heat in the pool! Fun, low-impact competition with laughter and floating prizes!

Don't forget your PUNCH!

Pick up your AOA Punchcard at the Welcome Center. Each time you visit the Y, get it punched!

**More visits =
More chances to WIN!**

PICKLE BALL

Pickle Ball Play

Monday, Wednesday,
and Friday
12:00 – 2:00pm
Dye Clay Gymnasium

If you would like to be a part of the 50 and Better Volunteer Team, we would love to chat with you! Please email Jenny Engelmeyer @ jengelmeyer@fcymca.org for more information!