

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.

MCARTHUR FAMILY YMCA | 1915 Citrona Drive | 904.261.1080 | JULY 2025

JULY EVENTS AND ACTIVITIES

Events are free for members and require reservations (unless otherwise noted).

Reservations can be made in our app and online at fcymca.org.

Garden Club

Tuesdays, July 1st, 15th, & 29th, 12:00 - 1:00pm, Meet on the Front Porch at McArthur

Join us and share your passion for gardening with like-minded individuals. We will meet every other Tuesday to discuss gardening ideas and more. We will decorate our front porch here at McArthur. There will be a variety of tasks for all. All supplies will be provided.

AOA (ACTIVE OLDER ADULTS) MEET AND GREET

Monday, July 7th, 11:00am - 12:00pm, Studio B

Join us to welcome new active older adult members and to enjoy open discussion.

Tap Dance Social - Beginners

Tuesdays, July 8th, and July 22nd, 4:00pm-4:45pm, Studio A

Tap your way into a variety of tap styles from Broadway to rhythm tap. This class will be for those who like rhythm, precision, footwork, and creative styling. Let Kim break down the moves for you, so you can dance with your YMCA peers.

No tap shoes are required for this class.

Board Games

Wednesdays, July 9th and June 23rd, 3:00 - 5:00pm, Lobby

Gather with your friends and join for an array of board games. Have any board game requests? Reach out to Christine csouders@fcymca.org

Pickleball for Beginners

Thursday, July 10th, 9:00 - 10:00am, Gym

Who is ready to learn pickleball? Learn basic and fundamental skills of pickleball. Start & continue your pickleball journey.

Music and Memories Journaling

Mondays, July 14th and 28th, 11:00am - 12:00pm, Studio B

Music has the power to transport us through time, bringing back memories and emotions from different stages of life. We will reflect on your personal history, using music as a key to unlock and record your most cherished moments. **Participants will need to provide their own Journal for the sessions.**

Arts and Crafts

Wednesday, July 16th, 12:30pm - 2:00pm, Studio B

Time to get creative!! Participate in our arts & crafts event, where we have different craft each month.

Walking Club: Nature Nomads

Thursday, July 17th, 6:30 - 7:30pm, Peters Point Beachfront Parking Lot near the Ritz-Carlton

Let us take a nice walk in a natural setting to observe and appreciate Fernandina Beach. This walk will take place only if weather permits.

Coffee and Conversation: Veteran and/or Spouse Meet Up at Starbucks

Monday, July 21st, 11:00am - 12:00pm, Starbucks (1453 Sadler Road, Fernandina Beach, FL)

Calling all veterans and their spouses (and all other members wishing to join in!), let's gather to connect and build a community. Discuss military stories, family life before and after service, duty stations, and more. All members are welcome.

Walking Club: Nature Nomads

Thursday, July 24th, 9:30 - 10:30am, Meet at Egan's Creek Greenway Trail (2299 Sadler Road)

Let's take a nice walk in a natural setting to observe and appreciate Florida. This will be a 2.3 mile walk on a grass and dirt trail. Bring plenty of water, cooling rag, or a fan to keep cool in the heat and humidity.

Bible Study: 1 Thessalonians 5: 12-18 - How to Treat Each Other

Friday, July 25th, 2:00pm-3:00pm, Library Fernandina Beach

Gather to study the Holy Bible. A worksheet will be provided to write down your thoughts and share. All denominations are welcome.