

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.

WILLIAMS FAMILY YMCA | 10415 San Jose Blvd | 904.292.1660 | 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.**

Aqua Fitness Classes

Monday – Friday, 9:00 – 10:00am *Reservations are required.*

Bible Study

Every Friday, 12:30 – 1:30pm, Healthy Living Center

Come together to read/discuss the Bible in a structured and meaningful way. Open to all denominations.

4th of July POOL DECK POTLUCK PARTY!

Friday, July 4th, 10:00 – 11:00am

Celebrate the birth of our nation at this potluck following Aqua Fitness! Lite fare provided. Please bring a side dish to share!

Game Day

Tuesday, July 8th, 3:00 – 4:30pm, Studio A

It's time for PING PONG! Also, enjoy a variety of different games – from Jenga to UNO to Trivial Pursuit and more!

Urban Soul Line Dancing

Friday, July 11th, 6:00 – 7:30pm, Studio A

Grab your friends and come learn all the latest moves! Guest passes for the class are FREE!

Coffee and Convo

Tuesday, July 15th, 11:00am – 12:00pm, Williams YMCA Lobby

Join Healthy Aging Coordinator Jenny for open discussion about upcoming AOA activities. Your input is valuable!

Music & Memories

Tuesday, July 15th, 3:00 – 4:15pm, Studio A

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

Lunch & Learn: Healthy Aging Presentation with Conviva Health Care

Wednesday, July 16th, 12:00 – 1:00pm, Healthy Living Center

Join the YMCA and Conviva for an educational session. Lunch will be provided for all reserved participants.

Be sure to reserve your spot in our app or online!

Book Club

Thursday July 17th, 1:15 – 2:15pm, Williams Cycle Lounge

Join us for a peer led, healthy literary discussion. We are currently reading "Viral" by Kathy Reichs.

Arts and Crafts

Thursday, July 17th, 3:00 – 4:30pm, Studio A

Staff led and loads of fun!

Party and Play: Bingo & Birthdays!

Thursday, July 24th, 3:15 – 5:00pm, 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.

Military Back to School Bash!

Saturday, July 26th, 10:00am – 12:00pm, Gymnasium

Join us at the as we celebrate our local military families with a FREE, fun-filled event! We invite all active duty military, veterans, and their families to participate and pick up a backpack full of supplies for the new school year! See the Front Desk to register! **We need volunteers! Interested in volunteering? Let us know!**

Don't forget your PUNCH!

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

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

PICKLE BALL

Mondays/Wednesdays

3:00pm – 4:30pm

Friday Beginner Play

2:00 – 3:00pm

Fridays

2:00pm – 4:30pm

Sundays

10:00am – 12:00pm

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!