

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.

WINSTON FAMILY YMCA | 221 Riverside Avenue | 904.355.1436 | 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.

Crochet / Knitting Class

Mondays in July, 1:30 – 3:30pm, Teaching Kitchen

Bring projects that you are already working on or learn to knit, crochet, or loom a hat. Some supplies available. All levels welcome! Snacks provided.

PING PONG

Tuesdays, 1:00 – 3:00, Court A

Party & Play: Birthdays and BINGO

Tuesday, July 1st, 10:00 – 11:00am, Teaching Kitchen

Come celebrate our fellow members with July birthdays...and enjoy some BINGO fun!

Bible Study

Friday, July 4th, 11:00am – 12:00pm, Conference Room

Studying 31 Women of the Bible available on Amazon. This month we are learning about Abigail & Michal. Please bring your Bible and Notebook as well. All denominations are welcome.

Brunch & Learn Events

Monday, July 7th, 10:00 – 11:00am, Teaching Kitchen, Topic: EnhanceFitness with Connie Smith from Y Healthy Living

Tuesday, July 8th, 10:00 – 11:00am, Teaching Kitchen, Topic: Safety in the Home with Baptist Health

Coffee & Convo

Tuesday, July 15th, 10:00 – 11:00am, Teaching Kitchen

Coffee & Conversation come learn more about the Y and enjoy fellowshiping.

Bowling

Wednesday, July 16th, 12:00 -2:00pm (King Pin Lanes, 5310 Lenox Avenue)

Join us for an afternoon of bowling FUN! \$8.50 gets you 2 games, shoes, hot dog, a drink, and chips.

***Payment will be made at the Bowling Lanes. Reserve your spot in the YMCA app!**

Luau Potluck

Friday, July 18th, 5:00 – 7:00pm, Teaching Kitchen

Bring your favorite Hawaiian or summer themed food to share.

Book Club

Tuesday, July 22nd, 10:00 – 11:00am, Teaching Kitchen

This month's book is The Four Winds by Kristin Hannah

Brunch Bunch

Tuesday, July 29th, 11:00am – 1:00pm, Grumpy's Restaurant, 200 3rd Street, Neptune Beach

One lucky participant will have their lunch paid for by the Y! ***Participants are responsible for paying for their meals.**

FLORIDA BLUE SPONSORED EVENTS

(Please register for these events directly with Florida Blue in our Healthy Living Center.)

Senior Tech

Friday, July 18th 10:00 – 11:00am

Florida Blue Senior Painting

Friday, July 25th, 11:00am – 12:00pm, Teaching Kitchen

Don't forget your monthly PUNCH CARD!

TEN punches on your Silver Punch Card enters you to win **PRIZES** each month!

Pick up your card at the Welcome Center TODAY! (one card per member, please)