

ReCONNECTING with the Y & YOUR Safety

If you haven't already done so, make sure you read the latest member communication from our YMCA CEO, Janet Dunn. In this message, you'll find an awesome video of our live cleaning efforts AND an opportunity to take a survey on how we're doing and what amenities you'd like to see added back next! Read the message now.



Because what we share our Senior Facebook Page is applicable for ALL regardless of age, we've decided to **REDEFINE WELLNESS...** literally. Same content. Different look.

If you aren't already a member, join us today, but look for our new page name, **REDEFINE WELLNESS at the Y!** Join live classes, get tips, articles, updates and more.



GET READY TO MAKE WAVES... AGAIN!
AQUATICS CLASSES RETURN JULY 6



Aquatics classes begin July 6!

Limited aquatics classes come back on Monday, July 6. Just like land classes, reservations are required, social distancing in place, increased cleaning and no sharing of equipment. To get all the info you'll need for ALL classes and reservations, [click here](#).

Jazz up the color on your plate with this festive 4th of July fruit salsa! Get the recipe [here](#).



BACKYARD SCAVENGER HUNT BINGO

REMEMBER!
Stay at home as much as possible. Outdoor activity, such as walking, running, or cycling, is allowed but only if you stay 6 feet away from other people.

LEAF	BICYCLE	VEGETABLE	FLOWER	ROCK
NUT	CLOUD	CLOVER	DEAD LEAF	CRAWLING INSECT
POTTED PLANT	STICK	FREE	FLYING INSECT	DIRT
ANIMAL	BUTTERFLY	GRASS	BIRD	SUN
WATER	FERN	LIVE TREE	RAIN CLOUD	FRUIT



YMCA locations are closed for July 4. Cleveland Outdoor Pool will be open 12-6 p.m., weather permitting.

CHAPLAIN'S CORNER

Give Me Liberty!

This July 4th is an Independence Day for the history books. As we celebrate our nation's freedom from a colonial power, we long to be free from an invisible enemy. A stealthy virus holds the world in the grip of fear. We fear for our physical health and even for our lives. Patrick Henry's words never rang more true: "Give me liberty, or give me death!"

Jesus came to free us from another kind of fear. This fear tempts us to retreat into self-pity and to turn away from our neighbors. We "socially distance" rather than make room for persons who need help just to put food on the table or to protect their families from violence. Such fear is a spiritual sickness that robs us and our communities of loving kindness.

It doesn't have to be this way! The Apostle Paul writes "Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom." (2 Corinthians 3:17). When we make room in our lives for the Spirit of the Lord, our hearts are set at liberty. Where the Spirit dwells, we have nothing to fear, not even death. We are set free to serve those for whom Christ died, that all may live in liberty.

QUESTIONS OR SUGGESTIONS: We would like your input. Let us know what you want to see in future newsletters, mvermeer@ymcachattanooga.org.