Healthy Outside | June 1, 2020

In case you have not heard, we have opened up our outdoor spaces! Check out the NEW Healthy Outdoors schedule for this week! Healthy Outside, is a series of outdoor pool lap swim and group exercise classes for you and your family as part of the Governor’s first phase of the “Forward Virginia” plan.

NEW OUTDOOR OPTIONS

INSPIRATIONAL MESSAGE OF THE DAY

“If you have the power to make someone happy, do it. The world needs more of that.” - Anonymous

Enhancing our Short-Term Memory!
A fun activity that can enhance short-term memory is “the tray game”. Find a serving tray and a selection of random items from around the house. Place the items on the tray and have a look at the items, before then covering them with a cloth. Ask those who are playing to recall all of the items. Who can remember the most?

**Blood Drives!**

Last week’s blood drive at SWIFT CREEK FAMILY YMCA surpassed our goal of 25 units by collecting 35 units; **that’s 105 lives saved!** Our next Blood Drive will be at the PATRICK HENRY FAMILY YMCA on June 1. Find more opportunities to donate to the American Red Cross on our website.

**Join Goldie From the YMCA of Greater Richmond for Yin Yoga!**
Jellyfish Craft:

Materials Needed: paper bowl, scissors, string and paint

Paper plates and yarn transform into these denizens of the deep. If you use glow-in-the-dark acrylic paint, you can even see their "bioluminescence" in action when you turn out the lights!
#HealthyAtHome!

Why do you Y?

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