

YOUR IS HERE

Weekly Wrap Up

Stay Active With Y@HOME+ During Our Closure



As a charity, your Y is committed to showing up for you and our community. During this shutdown, the best way for you to support us while staying healthy at home, is through our virtual programming. Y@Home+ is **FREE** to members.

If you have not accessed Y@HOME+ simply email us at one of the email addresses below to obtain your free access code.

Please note: To participate in virtual programming your membership fees must be active. You cannot participate in virtual programming while on hold.

- **100+ live fitness classes** per month including Yoga, Arriba, Barre, TotalFit, Bootcamp and more!
- **Hundreds of on-demand fitness videos** for all fitness levels whether you're just starting out or you're a fitness pro. Plus meditation and mindfulness.
- **Tons of interactive activities** for children and youth.
- **An inclusive and active community** from the comfort of your home to motivate you!
- **New in January!** EatPlantJoy...healthy, nutritious, and stress-free meal planning in 2022 with Dr. Sarah Lucas, MD.

Get My Code
Belleville

Get My Code
Quinte West

Get My Code
Peterborough

50/50 Grand Prize Winner

Congratulations to Belleville Branch member Ruth H. for being our first online 50/50 Grand Prize Winner! Thanks to everyone who purchased tickets in support of the YMCA of Central East Ontario. Watch for our next online 50/50 draw launching later this month.

Our communities depend on the Y to keep us connected, healthy and thriving. Ticket proceeds support the YMCA Strong Communities Campaign, focused on raising much needed resources to improve and enrich the lives of children, adults, seniors and families.



Social Media Posts

Y@HOME+ Family Activities

At the YMCA, we're here for your whole family. Y@HOME+ includes family programs and physical activity for kids and youth!

World Braille Day

January 4 is World Braille Day. Louis Braille was born on January 4th, 1809. Due to an accident in his younger years, he lost his sight. In spite of this, Louis Braille excelled in school and at the age of 20, he published his first book about a system that used raised dots to represent letters and numbers. His hard work has opened the door for many non-sighted people to be able to read with their fingers.



Membership Inquiries

If you have emailed our membership staff regarding the latest provincial shut down announcement, please note that staff are working hard to reply to each message as quickly as possible. Thank you for your patience and understanding.



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