



Dear Y Members and Supporters,

It's been nearly two weeks that our Taggart Family Y health and fitness facility has been closed after Ontario's Chief Medical Officer of Health declared on October 9, 2020, that most indoor fitness spaces must cease operations for a minimum of 28 days.

We know how important it is to support all measures aimed at curbing the spread of COVID-19, and we remain hopeful that we will be able to open again soon - but we can't do it without your help. We all must work hard to ensure that the Y, and so many other local businesses, are able to open again! That means staying close to home as much as possible, keeping at least 2 metres away from people outside of your household, wearing a mask when appropriate, washing your hands often, and encouraging your friends and family to do the same.

Currently, confirmed cases of COVID-19 in Ontario and Ottawa are still high, and sadly, this may impact our ability to reopen in early November. It will also affect how we engage in fun seasonal activities like Halloween. But, if we all work together, we will be able to bring our numbers down and flatten the curve, just like we did in the spring!

Until then, have a look below at some announcements and options for staying fit and healthy at home. As always, if you have questions, please reach out to our new Membership Service Centre at 343-804-0720, or via memberships@ymcaywca.ca.

Thank you for your support - see you soon!

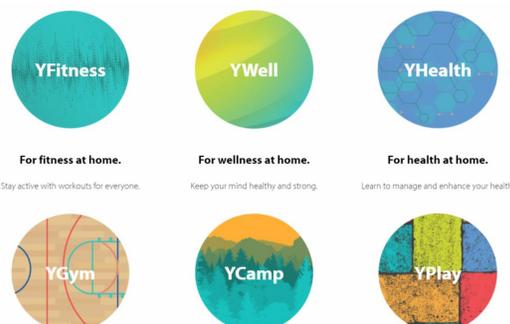
Mike Tait
Vice President, Health, Fitness, Aquatics and Camping

Y at Home | Fitness and Activities at Home!

The Y community is here to support you and your family with staying healthy and connected at home!

Y at Home is a free virtual platform that helps you access your favourite Y programs, activities and fitness classes.

[Visit Y at Home >](#)



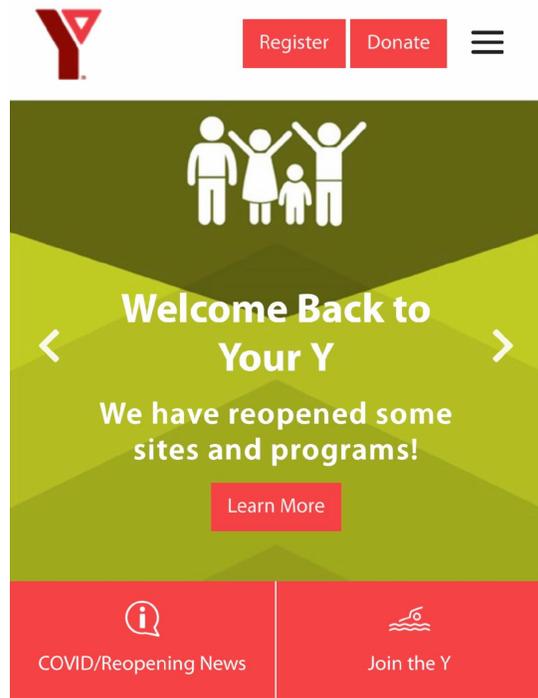
Introducing our NEW Y Website!

We are very pleased to share that a new Y website was launched last week!

The site is responsive, modern, and does a much better job of showcasing our programs, services, and community impact. We hope you will find it easy to navigate and full of useful information.

As with most website launches, there are bound to be a few hiccups along the way. We will be working to address issues as they arise in the short term, and adding new tools and features as we are ready. We will also updating the French site very soon.

[Check out our new website! >](#)



Free Online Programs & Activities for Older Adults

Welcome to the Bright Spot!

Created by our friends at the YMCA of Greater Toronto, the Bright Spot is an online community for older adults, offering everything from exercise classes and small online group discussions, to trivia nights and mindfulness tutorials. There is no cost to participate!

Meet new people, take part in exercise classes, and take part in discussions — all from the comfort and safety of your home!

[Visit the Bright Spot >](#)



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