



TWIN RIVERS YMCA
CONNECTIONS

Bringing us together... from a safe distance.

July 8, 2020

trymca.org

COMMUNITY SUPPORT

The Twin Rivers YMCA would like to thank Chesnutt & Clemmons P.A. for generously supporting the Y as our Presenting Sponsor of the Youth and Adult Basketball Program. The YMCA has deep roots in the sport of basketball that go all the way back to Dr. James Naismith the inventor of the game. Thank you Chesnutt & Clemmons!



FAVORITE BIBLE VERSE

Shannon Naber, Service Desk Supervisor

Psalms 42:11

"Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God."



WORDS OF ENCOURAGEMENT

"Make up your mind that no matter what comes your way, no matter how difficult, no matter how unfair, you will do more than simply survive. You will thrive in spite of it."

– Joel Osteen

JULY IS NATIONAL PICNIC MONTH

July is an excellent time for National Picnic Month. The fresh air stirs the appetite, and garden vegetables and fruits give you a little less prep when it comes to outdoor eating.

Whether we pack meals for an afternoon get-away or a weekend of camping, picnics provide an fun way to enjoy the company of family away from home.

It's important to keep the meals simple and focus on your company. Sandwiches, finger foods, and beverages may seem plain, but it's more about spending time with each other and being in nature. When we pack them right, picnics make life simple. Now is even a great time to pick up some local take out for your picnic.

Pack up the picnic basket and head out to your favorite spot. Bring juice, fruit, cheese, bread, and some smoked meats and you're all set.



RECIPE— Corn Avocado Salad

Submitted by Kira Parker, Health & Wellness Director

Ingredients:

- 3 ears of corn (2 cups corn kernels)
- 1 large English cucumber, sliced
- 1lb grape/cherry tomatoes, halved
- 3 medium-large avocados, cubed
- 3 green onion sprigs, finely chopped
- 1 lime, zest and juice of
- 2tbsp olive oil, extra virgin
- 1/2tsp salt
- Ground black pepper, to taste



Directions:

1. Grill or steam corn.
2. To remove cooked corn kernels off the cob, hold the cob vertically with the narrow tip down on a cutting board and using a chef's knife cut them off in "stripes".
3. In a large salad bowl, add corn, cucumber, tomato, avocado, green onion, lime zest and juice, olive oil, salt and pepper.
4. Stir gently and serve cold.

Store: Refrigerate covered for up to 1 day.

Make Ahead: Add all ingredients, except avocado, to a bowl. Cover and refrigerate for up to 24 hours. Add diced avocado and stir right before serving.