




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPENCER FAMILY YMCA

WE'RE ALL INCLUSIVE

For a healthier you.

JANUARY - 2019 -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 FIRST DAY OPEN HOUSE 8:00a.m.-3:00p.m. Free shirts for first through the door. Bring a friend!	2 	3 TOT'S SKATE 1:30-2:00p.m. Ice Rink	4	5
			ARE YOU ALL IN? Join us January 1st and start your year off right!			
6	7 BABY TIME! 1:30-3:00p.m. (every Mon/Wed) January Add-on \$25, for children 6-months and younger.	8	9	10 MEMBER OPEN SKATE 11:00a.m.-12:30p.m. Ice Rink	11 DATE NIGHT 5:30-8:30p.m. \$25 add-on, leave your kids at the Y and enjoy a night on the town!	12
13	14 2019 SUMMER DAY CAMP KICK OFF AT THE Y! Register at ycamps.org	15	NEW YEAR, NEW YOU Personal Training Package • Baseline Fitness Assessment • Goal Review • (2) 1-Hour Personal Training Sessions Register today and save 20%		17 TOT'S SKATE 1:30-2:00p.m. Ice Rink	18 FAMILY FUN NIGHT 5:00-8:00p.m. Enjoy family fun through games, special work out, and maybe even a movie!
20 PICKLE BALL OPEN HOUSE 1:30-4:30p.m. Open to all! Come check out Spencer YMCA's pickleball courts! Bring your friends and play!	21	22	23	24 MEMBER OPEN SKATE 11:00a.m.-12:30p.m. Ice Rink	25	26
27	28	29	30	31 COMMUNITY OPEN HOUSE 5:00-8:00p.m. Last day of the no join fee special! Enjoy special group exercise classes, and infused water.		
Start your Healthy Living Journey As a member of the Y, our staff will help you every step of the way along your Wellness Journey. In fact, you have a complimentary 30-minute Wellness Consultation with one of our certified trainers to understand how to reach your healthy living goals. Schedule yours today at the Welcome Center.					Spencer Family YMCA 305 Church Road Bethel Park, PA 15102 412 833 5600	



2019 SUMMER DAY CAMP

BEST. SUMMER. EVER.



Day camp can offer almost all of the benefits of traditional camp such as, skill building, a sense of community and lasting friendships - in rural and urban settings while allowing campers to return home each afternoon.

The YMCA of Greater Pittsburgh offers more than 30 day camp locations for elementary school children, and some have offerings for pre-schoolers and teens.

Registration opens January 14th at ymcamps.org.

Register by January 31st and save 10% on every week of camp.



EXERCISE OF THE MONTH

Purpose: Shoulders, deltoids, stabilizers

Exercise: Lateral Raise/Press

Step 1

Stand with your feet shoulder width apart and your knees slightly bent. With your palms facing each other, let your arms hang in front of your thighs with a dumbbell in each hand.

Step 2

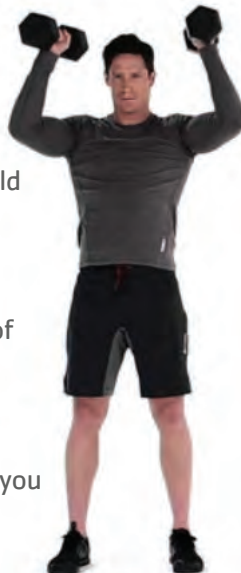
With your elbows slightly bent, lift your arms out to the sides of your body until your arms are at shoulder height. When you reach the top position the arms and body should resemble the letter T.

Step 3

Bend your elbows in bringing the dumbbells to the sides of your shoulders and press overhead.

Step 4

Bring back to shoulder position and bend your elbows so you are back in T position. Lower to your side. Repeat



RECIPE CARD

Crockpot Stew

INGREDIENTS

- 1 medium onion — finely chopped
- 2 cups carrots — cut into bite-sized pieces
- 2 celery ribs — chopped
- 2 medium red potatoes - cut into bite-sized pieces
- 2 turnips — cut into bite-sized pieces
- 1 parsnip — cut into bite-sized into pieces
- ½ cup tomato paste
- 4 cups beef broth — Whole30 friendly beef broth
- 1 teaspoon dried thyme
- 1 tablespoon dried parsley
- 1 teaspoon dried oregano
- 3 dried bay leaves
- 2 pounds beef stew meat cut into small pieces
- 1 tsp salt
- 1 tsp pepper
- 2 tbsp olive oil
- 2-3 cloves of garlic
- 1 tbsp fresh parsley



INSTRUCTIONS:

- Place stew meat a 1tsp. Oil in pan and brown over medium heat.
- Place all ingredients including stew meat in a crockpot on low for 4 hours.
- Enjoy!