



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Baierl Family YMCA
2565 Nicholson Road
Sewickley, PA 15143
724 934 9622

BAIERL FAMILY YMCA

YMONDAY MADNESS IN MARCH

MARCH - 2019 -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.					1 Trailblazer/Mates Campout 7:00p.m. at YMCA Camp Kon-O-Kwee Spencer	2 Trailblazer/Mates Campout at YMCA Camp Kon-O-Kwee Spencer  READ ACROSS AMERICA DAY
3 Trailblazer/Mates Campout Father/Daughter, Father/Son (6-12th graders) at YMCA Camp Kon-O-Kwee Spencer	4 	5	6	7	8	9
JUMP SHOT CHALLENGE March 4th-10th - Winner receives a free Personal Training Session. Winner announced at the March 11th Open House!						
10	11 OPEN HOUSE 5:30-7:30p.m. Enjoy special offers and a runner's expo!	12	13	14 CPR PRO Certification TRIATHLON SERIES "How to prepare for race day?" 7:05 p.m. Learn basic pointers of how to get ready for race day	15 Parent's Night Out 5:30-9:00p.m. Enjoy a fun night out while we take care of the kids! Register today at the Welcome Center	16 Painting Class 10:00a.m.-12:00p.m. In the Community room \$20 per person registration required
17 HAPPY ST. PATRICK'S DAY SELECTION SUNDAY Register your bracket with the Y. Visit the Welcome Center for Details.	18 St. Patrick's Day Celebration Wear green to your workout and bring a guest for a fun day at the Y!	19 TOURNAMENT BEGINS Enter the bracket challenge to win a free month of membership!	20	21	22 1 in 3 Americans is at risk for developing type 2 diabetes. The Y can help - Find out if you're at risk today.  ALERT! DAY	23 Parent/Child Event with the Y 11:00a.m.-4:00p.m. Pinball PA, Aliquippa \$19 per person for 2 hours of play - register online now
24 2019 SUMMER DAY CAMP BEST. SUMMER. EVER.	25 SUMMER DAY CAMPS AT THE Y Camping, like any Y program, is about learning skills, developing character and making friends. Y campers stretch themselves physically and creatively with a fun new theme every week! Register your child today at ycamps.org	26	27	28 TRIATHLON SERIES "How does race day work?" 7:05 p.m. There's more to tri than swim, bike, run	29 Lifeguard Class Part 1 4:00-9:00p.m. Facility Member \$275 Program Member \$300 Earhart's Campout at YMCA Camp Kon-O-Kwee Spencer	30 Lifeguard Class Part 2 8:00a.m.-5:00p.m. Lifeguard Review 8:00a.m.-5:00p.m. Earhart's Campout at YMCA Camp Kon-O-Kwee Spencer



Healthy Kids Day®

**AWAKEN
SUMMER
IMAGINATION!**
Saturday April 27

Free & open
to the public!

NATIONAL
SPONSOR



NATIONAL NUTRITION MONTH



National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

Look for healthy recipes and nutrition tips all month long in your email and at the Welcome Center!

TABBOULEH STUFFED PEPPERS

INGREDIENTS

- 1 cup bulgur
- 1 cup hot water
- ¼ cup olive oil
- 3 tablespoons fresh lemon juice
- 2/3 cup fresh parsley, chopped
- ¼ cup fresh mint, chopped (or 2 tablespoons dried)
- 1 clove garlic, minced
- ½ teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¼ teaspoon hot sauce (or more if you like)
- 1 pound fresh sweet mini peppers

DIRECTIONS

- 1 Place bulgur in a 4 cup bowl and pour water over top; cover bowl and let stand for about an hour.
- 2 Whisk together olive oil, lemon juice, garlic, salt, coriander, cumin, parsley, mint and hot sauce; pour over bulgur.
- 3 Rinse peppers, cut in half lengthwise and remove seeds and stems. Fill pepper halves with tabbouleh.
- 4 These can be made a day ahead, covered and chilled.

