



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Spencer Family YMCA  
305 Church Road  
Bethel Park, PA 15102  
412 833 5600

## SPENCER FAMILY YMCA

# YMONDAY MADNESS IN MARCH

# MARCH - 2019 -

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Start your Healthy Living Journey</b> 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. <b>Schedule yours today at the Welcome Center.</b></p>				<p>Watch our video on FB &amp; Instagram. Post your push up selfie with the hashtag <b>#SpencerYWhereDoYouPushUp</b> and win prizes!</p>	<p><b>1 Active At Any Age Meet and Greet</b> 1:00-2:00p.m. Enjoy light refreshments and coffee</p>	<p><b>2 READ ACROSS AMERICA DAY</b> Celebrate Dr. Seuss' Birthday with us 10:00a.m.-2:00p.m. Enjoy a book reading, Dr. Seuss crafts, &amp; more!</p>
<p><b>3 Pickleball</b> 3:00-4:45p.m. on the sport court Rackets and balls provided</p>	<p><b>4 OPEN HOUSE ALL DAY</b> Win prizes with our <b>HOT SHOT</b> basketball contest</p>	<p><b>5 Pickleball</b> 11:30a.m.-2:30p.m. on the sport court <b>Ladies Who Lift</b> 5:00p.m. Visit the Welcome Center for more details</p>	<p><b>6 Ladies Skate</b> 9:30-10:30a.m. Register Today <b>Speed and Agility</b> 5:00p.m. Wellness Floor</p>	<p><b>7 Small Groups:</b> Boot Camp 7:30a.m. &amp; 9:30a.m. Teen Lift 3:00 <b>Learn to Skate</b> 1:00 &amp; 2:00p.m. Register today</p>	<p><b>8 Active At Any Age</b> 1:00-2:00p.m. Cards and games in the Community Room</p>	<p><b>9 Redefine Your Spine and Waistline</b> 11:00 Wellness Floor Pre-Register Today <b>Princess Boat Races</b> All Day at the Y</p>
<p><b>10 Pickleball</b> 3:00-4:45p.m. on the sport court Rackets and balls provided</p>	<p><b>11 OPEN HOUSE ALL DAY</b> Enjoy special group exercise classes and Wellness demos to help you feel your best!</p>	<p><b>12 Pickleball</b> 11:30a.m.-2:30p.m. on the sport court <b>Ladies Who Lift</b> 5:00p.m. Visit the Welcome Center for more details</p>	<p><b>13 Ask the Registered Dietician</b> <b>6:00-8:00</b> <b>Ladies Skate</b> 9:30-10:30a.m. Register today</p>	<p><b>14 Pickleball</b> 11:30a.m.-2:30p.m. on the sport court <b>Member Skate</b> 11:00a.m.-12:30p.m. Register today</p>	<p><b>15 Parent's Night Out</b> 5:30-8:30p.m. Kids enjoy a mini camp, dinner and games while you enjoy a night out! Register today.</p>	<p><b>16 All new Small Group Training Classes!</b> \$60 for the month (4 sessions), register at the Welcome Center</p>
<p><b>17 HAPPY ST. PATRICK'S DAY</b> <b>SELECTION SUNDAY</b> Register your bracket with the Y. Visit the Welcome Center for Details.</p>	<p><b>18 OPEN HOUSE ALL DAY</b> Push Up Contest Day! Have what it takes? <b>#SpencerWhereDoYouPushUp</b></p>	<p><b>19 TOURNAMENT BEGINS</b> Enter the bracket challenge to win a free month of membership!</p>	<p><b>20 Ladies Skate</b> 9:30-10:30a.m. Register today</p>	<p><b>21 Pickleball</b> 11:30a.m.-2:30p.m. on the sport court <b>Learn to Skate</b> 1:00 &amp; 2:00p.m. Register today</p>	<p><b>22 1 in 3</b> Americans is at risk for developing type 2 diabetes. The Y can help - <b>Find out if you're at risk today.</b> <b>ALERT! DAY</b> American Diabetes Association.</p>	<p><b>23 Chule Car Races</b> Cards and games in the Community Room 1:00-2:00p.m. <b>Redefine Your Spine and Waistline</b> 11:00 Wellness Floor</p>
<p><b>24 Pickleball</b> 3:00-4:45p.m. on the sport court Rackets and balls provided</p>	<p><b>25 OPEN HOUSE ALL DAY</b> Enjoy special group exercise classes and Healthy Cooking Demo</p>	<p><b>26 Pickleball</b> 11:30a.m.-2:30p.m. on the sport court <b>Ladies Who Lift</b> 5:00p.m. Visit the Welcome Center for more details</p>	<p><b>27 Ladies Skate</b> 9:30-10:30a.m. Register today <b>Speed and Agility</b> 5:00p.m. On the Wellness Floor</p>	<p><b>28 Member Skate</b> 11:00a.m.-12:30p.m. Register today <b>Learn to Skate</b> 1:00 &amp; 2:00p.m. Register today</p>	<p><b>29 Active At Any Age</b> 1:00-2:00p.m. <b>Parent's Night Out</b> 5:30-8:30p.m. Kids enjoy a mini camp, dinner and games while you enjoy a night out! Register today.</p>	<p><b>30 Redefine Your Spine and Waistline</b> 11:00 Wellness Floor</p>



# Healthy Kids Day<sup>®</sup>

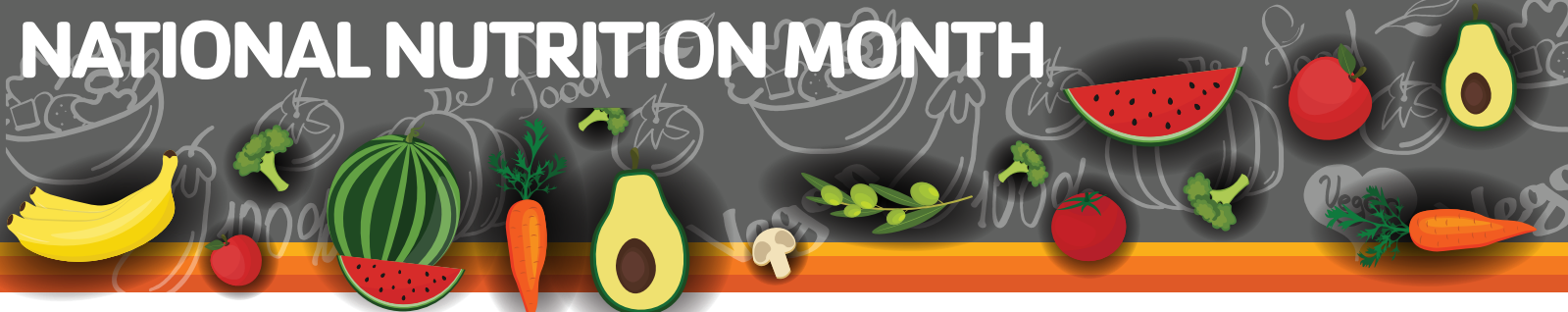
**AWAKEN  
SUMMER  
IMAGINATION!**  
Saturday April 27

Free & open  
to the public!

NATIONAL  
SPONSOR



## NATIONAL NUTRITION MONTH



National Nutrition Month<sup>®</sup> 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.

