



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTH BOROUGH YMCA

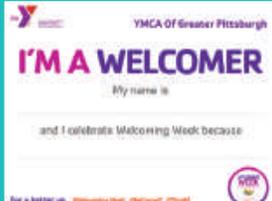
ONE Y FOR ALL

SEPTEMBER 2019

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 MEET US AT THE MARKET 3:00-7:00p.m. Join us for Yoga at Bayne Park!	5 THIRSTY THURSDAY HEALTH SCREENING Blood pressure, weight and body composition testing with one of our personal trainers	6	7
8	9	10	11 MEET US AT THE MARKET 3:00-7:00p.m. Join us for Yoga at Bayne Park!	12 THIRSTY THURSDAY All Day Enjoy refreshing fruit infused water in the lobby!	13	14 OPEN TO ALL SOCCER GAME 12:00-2:00p.m. Join us for an open soccer game on the back field!
15	16 MEMBER CHALLENGE Guess how many jelly beans are in the jar and be entered to win a special prize!	17	18 CULTURAL RECIPE BOARD Bring in your favorite traditional recipe and share it with your fellow members!	19 OPEN HOUSE All Day Join us for special health screenings and learn how the Y can help you get back your health!	20	21
WELCOMING WEEK - SEPTEMBER 13-22						
22	23	24	25 BEAT THE TRAINER 12:30-5:00p.m. Can you plank longer than our trainers? Challenge one of our trainers for a chance to win a prize!	26 THIRSTY THURSDAY All Day Enjoy refreshing fruit infused water in the lobby!	27	28
29	30	31				

Stop by the Welcome Center and join us by showing your support for our diverse community by posting with your own "I am a Welcomer" sign. Post it on Facebook and tag the @NoBoYMCA. For a better us.



Welcoming Week | September 13-22

THE UNITED STATE OF US



RECIPE CARD

Zucchini and Chickpea Tagine



INGREDIENTS

- 6 ounces carrots, peeled and cut into 1/4" thick half-moons
- 1/4 cup extra-virgin olive oil
- 1 1/4 pounds zucchini, diced
- 3 cups cooked chickpeas (preferably home-cooked)
- 1 teaspoon kosher salt
- 1/4 teaspoon cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon dried mint
- 1 teaspoon ras el hanout (optional)
- 1/4 teaspoon Aleppo pepper or cayenne or chili flakes
- 1 tablespoon tomato paste
- 1 tablespoon minced preserved lemon
- Juice of 1/2 lemon
- Optional garnish: flat-leaf parsley

INSTRUCTIONS

- Place the carrots in a small, loosely-covered microwave-safe bowl and microwave on high until beginning to soften, about 90 seconds.
- Place the oil in your largest skillet or a Dutch oven over medium-high heat. Saute the zucchini until it is tender. Add the carrots and all of the remaining ingredients (chickpeas, salt, cinnamon, cumin, mint, ras el hanout, Aleppo pepper, tomato paste, preserved lemon, and lemon juice). Add 1/2 cup water and mix thoroughly. Bring to a simmer, reduce heat to low, cover, and cook for 10 minutes.
- Taste and adjust seasoning. It will probably need more salt, and you may want to amp up the spices, depending on your taste. Serve hot, garnishing with parsley if you desire.



EXERCISE OF THE MONTH

Purpose: Cardio and Joint Movement

Exercise: Basic Salsa

1. Stand with both feet together.
2. Step to the right. Bend your knees.
3. Return to the middle.
4. Step to the left. Bend your knees slightly.
5. Return to the middle.
6. Try it a little faster. Slightly rock to the side as you move. Loosen up your upper body. Let your shoulders move with your feet.
7. Faster this time! Add some hip as you rock. Make it your own! Check video for correct tempo.