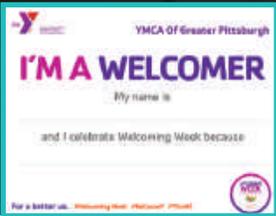




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAMPSON FAMILY YMCA

ONE Y FOR ALL SEPTEMBER 2019



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 @SampsonFamilyYMCA. For a better us.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--|----------|
| 1 | 2 LABOR DAY Building will be closed in observance of Labor Day. | 3 PRIVATE SMALL GROUP COOKING Private Small Group cooking classes available now. Visit the Welcome Center for details. | 4 GIRL SCOUT TROOP BADGE Are you looking for your troop to get their badge achievements. Contact our teaching Kitchen Coordinator for details. | 5 HEALTH SCREENINGS 5:00-7:00p.m. Weight and BMI check | 6 | 7 |
| 8 | 9 PLUM FARMERS MARKET 3:00-7:00p.m. Our Teaching Kitchen will be at the Plum Farmers Market! Join us! | 10 MEDICINE BALL SMASH Monday, Sep. 9th Feeling bad about something? Smash it out of your system! | 11 YOUTH COOKING CLASS 5:30-7:00p.m. Pumpkin Pancakes | 12 MARK IT ON THE MAP September 12-22 Whether new to the U.S.A or ancestors immigrated years ago - mark your history on the map in the lobby! | 13 | 14 |
| 15 | 16 OPEN HOUSE 5:00-7:00p.m. Open House- Come and enjoy Sports around the world with coach Mike | 17 ADULT COOKING CLASS 6:00-7:45p.m. From Polish Country House Kitchen- COOK THE BOOK | 18 ADULT COOKING CLASS 6:00-7:00p.m. Thai Squash Soup LES MILLS LAUNCH 5:30-8:30p.m. | 19 ADULT COOKING CLASS 6:00-8:00p.m. Slow cooker meal prep - Around the World Dinners | 20 ADULT COOKING CLASS 12:00-1:00p.m. Cuban beans and rice | |
| WELCOMING WEEK - SEPTEMBER 13-22 | | | | | | |
| 22 | 23 BEAT THE TRAINER Pick a trainer, beat the trainer - Push-Up Challenge! | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 YOUTH COOKING CLASS 5:30-7:00p.m. Apple Extravaganza | 31 |  | | NEW MUSIC, NEW MOVES, NEW YOU. September 15 Join us for live demos, meet the instructors, and learn how LesMills programs can help you meet your fitness goals. | |



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.