

For a better us.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 PICKLEBALL 3:00-4:45p.m. On the sports court	2 LABOR DAY 5:00a.m2:00p.m.	3 LEARN TO PLAY PICKLEBALL 11:30a.m. Learn the basic rules and skills of this great game	4 HEALTH SCREENING 11:30a.m. BMI, Body Fat, and Blood Pressure Screening	5 DIABETES PREVENTION CLASSES BEGIN 6:00-7:00p.m. Pre-Registration Required	6 LITTLE DRAGONS MARTIAL ARTS 4:15-5:00p.m. Intro to ages 3-8. Register today! 6th,13th,20th,27th	7
8 PICKLEBALL 3:00-4:45p.m. On the sports court	BALL SMASH	10 LEARN TO PLAY PICKLEBALL 11:30a.m. Learn the basic rules and skills of this great game	11 LEARN TO SKATE 1:30-2:00p.m. Intro for ages 3-8 Register at the Welcome Center	11:00a.m12:30p.m LEARN TO PLAY	13	14 OPEN HOUSE 10:00a.m2:00p.m. Join our Y family for special group classes and recipe of the month tasting!
15 PICKLEBALL 3:00-4:45p.m. On the sports court	16 LES MILLS LAUNCH Sep 16-30	Join us for themed da world and sample ele to learn more about v	18 Bys represeting countriments of their culture where your neighbors Y for All and welcome	, including cuisines, come from and their	20 FLU SHOTS BY RITE AID 9:00a.m12:00p.m. Register at the Welcome Center	21
WELCOMING WEEK - SEPTEMBER 13-22						
	23 FLU SHOTS BY RITE AID 9:00a.m12:00p.m. Register at the Welcome Center and bring your medical cards	PICKLEBALL 11:30a.m. Learn the basic rules and skills of this great game		26 MEMBER SKATE 11:00a.m12:30p.m LEARN TO PLAY PICKLEBALL 11:30a.m.		28 WATER AEROBICS 10:15-11:05a.m.
PICKLEBALL 3:00-4:45p.m. On the sports court	30	31 LEARN TO PLAY PICKLEBALL 11:30a.m. Learn the basic	W	NE Septem Join us	W MUSIC, NE W YOU. ber 16-30 for live demos, meet the ins	structors, and learn how

rules and skills of this great game



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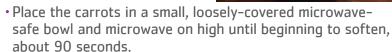


RECIPE CARD Zucchini and Chickpea Tagine



- 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 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.

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