



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPENCER 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 @SpencerFamilyYMCA. 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.m.-2:00p.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	9 MEDICINE BALL SMASH Feeling bad about something? Write it down and smash it out of your system!	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	12 MEMBER SKATE 11:00a.m.-12:30p.m. LEARN TO PLAY PICKLEBALL 11:30a.m.	13	14 OPEN HOUSE 10:00a.m.-2:00p.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	17-19 Join us for themed days representing countries from around the world and sample elements of their culture, including cuisines, to learn more about where your neighbors come from and their history! We are One Y for All and welcome everyone!			20 FLU SHOTS BY RITE AID 9:00a.m.-12:00p.m. Register at the Welcome Center	21
WELCOMING WEEK - SEPTEMBER 13-22						
22 PICKLEBALL 3:00-4:45p.m. On the sports court	23 FLU SHOTS BY RITE AID 9:00a.m.-12:00p.m. Register at the Welcome Center and bring your medical cards	24 LEARN TO PLAY PICKLEBALL 11:30a.m. Learn the basic rules and skills of this great game	25 BEAT THE TRAINER Pick a trainer, beat the trainer, you call it! Situps, push ups pullups squats in a minute!	26 MEMBER SKATE 11:00a.m.-12:30p.m. LEARN TO PLAY PICKLEBALL 11:30a.m.	27 HEALTH SCREENING 12:00-1:00p.m. Join us on the Wellness Floor	28 WATER AEROBICS 10:15-11:05a.m.
29 PICKLEBALL 3:00-4:45p.m. On the sports court	30	31 LEARN TO PLAY PICKLEBALL 11:30a.m. Learn the basic rules and skills of this great game			NEW MUSIC, NEW MOVES, NEW YOU. September 16-30 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.