



WOMEN'S HEALTH MONTH OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FRUIT & VEGGIE CHALLENGE 3.0  OCTOBER 14 - NOVEMBER 24 Register today at the Welcome Center.		1 IMANI MIDDLE SCHOOL 3:00-5:30p.m. in the Gymnasium	2 IMANI MIDDLE SCHOOL 3:00-5:30p.m. "I LOVE LIFE" BASKETBALL TOURNAMENT 6:00-9:00p.m.	TURKEY TROT November 28, 2019 Help fight hunger in the Greater Pittsburgh area. Register to run today. pittsburghymca.org/turkeytrot	4  29th TURKEY TROT 11.28.19	5 "I LOVE LIFE" BASKETBALL TOURNAMENT 6:00-9:00p.m.
6	7 IMANI MIDDLE SCHOOL 3:00-5:30p.m. in the Gymnasium	8 IMANI MIDDLE SCHOOL 3:00-5:30p.m. in the Gymnasium	9 IMANI MIDDLE SCHOOL 3:00-5:30p.m. "I LOVE LIFE" BASKETBALL TOURNAMENT 6:00-9:00p.m.	10 "I LOVE LIFE" BASKETBALL TOURNAMENT 6:00-9:00p.m. DJ101 KEYS TO BEATMAKING PRESS BOX WRITING		12 "I LOVE LIFE" BASKETBALL TOURNAMENT 6:00-9:00p.m.
13	14 IMANI MIDDLE SCHOOL 3:00-5:30p.m. ADAGIO HEALTH Cooking Demonstration 4:00-5:00p.m.	15 IMANI MIDDLE SCHOOL 3:00-5:30p.m. in the Gymnasium	16	17 DJ101 KEYS TO BEATMAKING PRESS BOX WRITING 6:00-7:30p.m.	18 ADAGIO HEALTH Cooking Demonstration 11:00a.m.-12:00p.m.	19
PINK OUT THE Y WEEK October 14th-20th						
20	21 DJ101 KEYS TO BEATMAKING 6:00-7:30p.m.	22	23	24 DJ101 KEYS TO BEATMAKING PRESS BOX WRITING 6:00-7:30p.m. LIGHTS ON AFTER SCHOOL	25	26 
27	28 DJ101 KEYS TO BEATMAKING 6:00-7:30p.m.	29	30	31 DJ101 KEYS TO BEATMAKING PRESS BOX WRITING 6:00-7:30p.m.	HALLOWEEN AT THE Y October 26 5:00-8:00p.m. 	

HALLOWEEN

AT THE Y

October 26 – 5:00–8:00p.m.

Haunted Laboratory | Hotdogs | Punch | Slime Bar | Candy & Crafts



RECIPE CARD

Fresh Apple Salsa

INGREDIENTS

- 2 tart apples, locally grown if possible
- 4 tablespoons lime juice
- 1 fresh jalapeño chile
- 1/2 medium onion, finely chopped
- 1 2" piece of fresh ginger
- Handful of cilantro, roughly chopped
- 1/2 cup (2 ounces) toasted almonds, sunflower seeds, or pepitas, coarsely chopped
- 1/4 teaspoon salt

INSTRUCTIONS

- Fresh Apple Salsa
- Core the apples and leave the skin intact.
- Thinly slice the apples and chop into 1/2" pieces.
- Toss the apple pieces with the lime juice and set aside.
- Cut the chilies in half lengthwise, remove the seeds and white ribs and finely mince. Peel the fresh ginger and finely grate to measure 2 teaspoons. Combine all ingredient with the apples. Serves 4 to 6. Serve with your favorite chip.
- Sampson Family YMCA Teaching Kitchen



EXERCISE OF THE MONTH

Purpose: Leg Muscles, Quadriceps, Hamstrings, and calves

Exercise: Pumpkin Squats

- Stand holding a light pumpkin by the sides close to your chest. This will be your starting position.
- Squat down between your legs until your hamstrings are on your calves. Keep your chest and head up and your back straight.
- At the bottom position, pause and use your elbows to push your knees out. Return to the starting position, and repeat for 10-20 repetitions.

