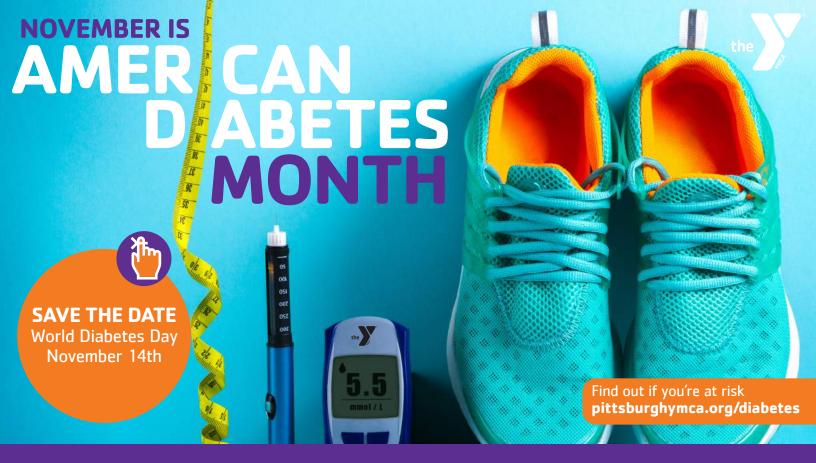


MEN'S HEALTH MONTH NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 AM: Race Day Registration Opens 8 AM: MedExpress Family Fun 1 Mile Run/Walk 8:30 AM: Turkey Trot 5K, presented by UPMC Health Plan Gentile, Horoho & Avalli, P.C. Double Gobble (5K + 5 Mile) 9:15 AM: Pittsburgh Pirates 5-Mile Run					1	2
CHANGE CLOTHI CHANGE LIVES November 1st-2 Donate new or gent clothes, shirts, swe to benefit the men Allegheny YMCA.	22nd tly used business eaters, jackets,	5 ELECTION DAY 7 AM - 8 PM Visit us at the Welcome Center for complimentary health screenings	6 PRIVATE SMALL GROUP COOKING Private Small Group cooking classes available now. Contact our Teaching Kitchen Coordinator for details	7 LEGAL SHIELD DISCUSSION 11 AM - 12 PM TEACHING KITCHEN TEEN LEADERSHIP TACO NIGHT 6 - 7 PM Register with Nicole Roberts nroberts@ymcapgh.org	8 TEACHING KITCHEN COOKING WITH BEER 6 - 7:30 PM	9
THANK YOU TO OUR VETERANS	11 VETERAN'S DAY BREAKFAST & OPEN HOUSE 9-11 AM	12	13	14 UPMC CHANGING Medicare Seminar 5:30 - 8:30 PM	15 PARENT'S NIGHT OUT 5:30-8:30PM Register today at the Welcome Center.	16
VETERARO		MEN'S	HEALTH W	EEK NOVE	MBER 11TH	I-17TH
17	18 TEACHING KITCHEN 6 - 7:30 PM Thanksgiving Sides Adult Cooking class	Younger Chefs Terrific Thanksgiving Treats Cooking class IN THE ZONE DEMO Cycling Studio 7:15 – 7:45 PM	20	21	22 FAMILY GAME NIGHT 6 - 8 PM Open to the Community come and enjoy fellowship with your family and enjoy some games provided by our youth programing department.	
24	COOKING WITH A TRAINER 6 - 7 PM carmalized onions and gruyere scalloped potatoes	Are you looking for your troop to get their badge achievements. Contact our teaching Kitchen Coordinator for details.	27	28 TURKEY TROT November 28, 2019 Help fight hunger in the Greater Pittsburgh area. Register to run today. pittsburghymca.org /turkeytrot	29	LADIES DAY VENDOR AND CRAFT SHOW 10 AM - 3 PM
			,			SAMPSON FAMILY YMCA 2200 Golden Mile Highway





RECIPE CARD Pumpkin Maple Pecan Granola



INGREDIENTS

- 3 cups rolled oats (gluten-free for GF eaters)
- 1 1/4 cups raw pecans
- 1/3 cup raw pepitas
- 3 Tbsp sugar
- ¼ tsp sea salt
- 3/4 tsp pumpkin pie spice
- 1/4 cup coconut or olive oil
- 1/3 cup maple syrup
- (or sub agave or honey if not vegan)
- 1/3 cup pumpkin puree

INSTRUCTIONS

- Preheat oven to 340 degrees F (171 C).
- ·Mix the oats, nuts, seeds, spices, sugar, and salt together in a bowl.
- •In a small saucepan over medium-low heat, warm the coconut oil, maple syrup, and pumpkin puree and whisk.
- •Pour over the dry ingredients and quickly mix with a wooden spoon.
- •Spread the mixture evenly onto two baking sheets and bake for 23–33 minutes, stirring a bit near the halfway point.
- •Once the granola is golden brown (usually about 25 minutes), remove from oven and let cool completely. It will crisp up as it cools.
- •Transfer to an airtight container. Should keep for a couple weeks.



EXERCISE OF THE MONTH

Purpose: Strengthens back, chest, shoulders, back, abs

Exercise: Planksgiving

- Plant the hands directly under the shoulders like you're about to do a push-up.
- *Ground the toes into the floor and squeeze the glutes to stabilize the body.
- Your legs should be working in the move too; careful not to lock or hyperextend your knees.
- Neutralize the neck and spine by looking at a spot on the floor about a foot beyond the hands. Your head should be in line with your back.
- Hold the position for 20 seconds. As you get more comfortable with the move, hold your plank for as long
 as possible without compromising form or breath.

