



MEN'S HEALTH MONTH NOVEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		FAMILIES HELPING FAMILIES pittsburghymca.org/turkeytrot 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 CLOTHES CHANGE LIVES November 1st-22nd Donate new or gently used business clothes, shirts, sweaters, jackets, to benefit the men of the Allegheny YMCA.		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
10 THANK YOU TO OUR VETERANS 	11 VETERAN'S DAY BREAKFAST & OPEN HOUSE 9-11 AM	12	13	14 UPMC LIFE CHANGING MEDICINE Medicare Seminar 5:30 - 8:30 PM	15 PARENT'S NIGHT OUT 5:30-8:30PM Register today at the Welcome Center.	16
MEN'S HEALTH WEEK NOVEMBER 11TH-17TH						
17	18 TEACHING KITCHEN 6 - 7:30 PM Thanksgiving Sides Adult Cooking class	19 TEACHING KITCHEN 4:30 - 5:30 PM 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 programming department.	23
24	25 COOKING WITH A TRAINER 6 - 7 PM caramelized onions and gruyere scalloped potatoes	26 <i>Are you looking for your troop to get their badge achievements. Contact our teaching Kitchen Coordinator for details.</i>	27	28 TURKEY TROT November 28, 2019 Help fight hunger in the Greater Pittsburgh area. Register to run today. pittsburghymca.org/turkeytrot 	29	30 LADIES DAY VENDOR AND CRAFT SHOW 10 AM - 3 PM 



NOVEMBER IS AMERICAN DIABETES MONTH



SAVE THE DATE
World Diabetes Day
November 14th

Find out if you're at risk
pittsburghymca.org/diabetes



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
- 1/4 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.