

The Scoop

Upcoming Events

January 1st- New Year's Day— Closed

January 6th- 19th anniversary of our Silver Sneakers Program. Thanks to all who have participated through the years! Cupcakes and coffee will be provided in the lobby.

January 7th- Cirque du Soleil at PPG Arena. The bus leaves the Y at 11:30. Lunch is at Buca di Beppo and showtime is at 3:30.

January 9th -Bully Defense classes start for kids.

January 12th & 19th- Women's Self Defense Class.

January 24th- Pickleball Clinic—Beginner's at 5:30pm, Intermediate players at 6:30pm.

January 28th -Tag Team event in The Loft. Starting time is 10:30am.

February 3rd- "Souper" Bowl Party 11:30am

February 11th-Parents Night Out. Bring your kids for a fun night while you go to dinner or catch a movie! Details to come.

February 26th- BINGO at Youngwood Fire Hall. Doors open at noon, Bingo starts at 2pm. Proceeds benefit our dance and gymnastics program.

March 26th- 12-3—Basket Bonanza

March 29th- Bus trip to see Moses at Sight & Sound Theater-Details to come

Recipe of the Month

Chicken Tortilla Soup

3T butter

1tsp minced garlic

1 medium onion

2T all purpose flour

3 14oz cans chicken broth

4c half and half

1 10.75oz can cream of chicken soup

1c prepared salsa

4 chicken breast cooked and shredded

1 16 oz bag tortilla chips

8oz each of Monterey jack and cheddar cheese, shredded

2 tsp ground cumin

1 1.27 oz packet fajita seasoning

1/2c sour cream

Melt butter in large pot, add garlic and onion and sauté until softened. Add flour and stir well for 1 minute. Add broth and half-and -half. Stir in soup, salsa, chicken, beans, corn, fajita seasoning and cumin. Continue to simmer over med/low heat for 15 minutes. Crumble the chips into individual bowls and top with a ladle of soup. Sprinkle each serving with cheese and sour cream.

*Makes 8 servings
328 calories
18g fat
23g carbohydrates
19g protein
567mg sodium*

Feel free to swap out any ingredient to make this recipe healthier. Use milk instead of half and half; low fat sour cream; low sodium soup/broth; low sodium seasoning packet; low fat cheese.

Hello All!!

This month I would like to focus on hydration. It's very important that we are getting an adequate daily amount of water. About 80% of our intake comes from beverages, and 20% comes from foods we eat. Fruits and veggies carry the most water, as far as food goes. The best beverage is just plain water in it's purest form. Sports drinks or other beverages may contain sugar or chemicals. Check out the bulletin board for more information!

My door is always open, stop by anytime.



YMCA of Laurel Highlands



January 2023



Pickleball Hours:
M-F 9:00-12:00
T/Th 5:30-7:30pm

AOA Recommended Classes

490 Bessemer Road
Mt Pleasant, Pa 15666
724-547-9622
missy.troxell@ymcalh.org
joyce.pruz@ymcalh.org

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|---|---|-----------------|
| 1 | 2 9:45 SS Circuit/AAHA <u>11:30 Y Knot Knit</u> 1:00 SS Classic | 3 8:45 Core n More 9:45 Interval 9:45 Back n Balance 10:45 Seated Yoga | 4 9:45 SS Circuit/AHAA 10:45 Zumba Gold 1:00 SS Classic | 5 8:45 Pilates 9:45 Barre 10:45 Christian Yoga 6:30 Yoga | 6 9:45 Dance w/Phil 10:45 Step Kick Drum <u>11:30 Lunch n Learn</u> 1:00 SS Classic | 7 8:15 Yoga |
| 8 | 9 9:45 SS Circuit/AAHA 10:45 Low Impact Zumba <u>11:30 Y Knot Knit</u> 1:00 SS Classic | 10 8:45 Core n More 9:45 Interval 9:45 Back n Balance 10:45 Seated Yoga | 11 9:45 SS Circuit/AHAA 10:45 Zumba Gold 1:00 SS Classic | 12 8:45 Pilates 9:45 Barre 10:45 Christian Yoga 6:30 Yoga | 13 9:45 Dance w/Phil 10:45 Step Kick Drum <u>11:30 Y Not Read</u> 1:00 SS Classic | 14 8:15 Yoga |
| 15 | 16 9:45 SS Circuit/AAHA 10:45 Low Impact Zumba <u>11:30 Y Knot Knit</u> 1:00 SS Classic | 17 8:45 Core n More 9:45 Interval 9:45 Back n Balance 10:45 Seated Yoga | 18 9:45 SS Circuit/AHAA 10:45 Zumba Gold 1:00 SS Classic | 19 8:45 Pilates 9:45 Barre 10:45 Christian Yoga 6:30 Yoga | 20 9:45 Dance w/Phil 10:45 Step Kick Drum <u>11:30 Y Not Play</u> 1:00 SS Classic | 21 8:15 Yoga |
| 22 | 23 9:45 SS Circuit/AAHA 10:45 Low Impact Zumba <u>11:30 Y Knot Knit</u> 1:00 SS Classic | 24 8:45 Core n More 9:45 Interval 9:45 Back n Balance 10:45 Seated Yoga | 25 9:45 SS Circuit/AHAA 10:45 Zumba Gold 1:00 SS Classic | 26 8:45 Pilates 9:45 Barre 10:45 Christian Yoga 6:30 Yoga | 27 9:45 Dance w/Phil 10:45 Step Kick Drum 1:00 SS Classic | 28 8:15 Yoga |
| 29 | 30 9:45 SS Circuit/AAHA 10:45 Low Impact Zumba <u>11:30 Y Knot Knit</u> 1:00 SS Classic | 31 8:45 Core n More 9:45 Interval 9:45 Back n Balance 10:45 Seated Yoga | | | | |