

**November
2023**

THE SCOOP



YMCA of Laurel Highlands
490 Bessemer rd
Mt Pleasant, pa 15666

Upcoming Events

We are planning a bus trip to The Rivers Casino on January 24th and a trip to Amish Country in April!

November

3rd- Y Not Craft- Jaydene's Paint Class at 11:30. We will paint a cute wooden turkey. Cost is \$15.

10th- Movie day! The book club is watching "the Light We Cannot See" at 11:30.

10th- We will be honoring our Veterans on this day! It is also National forget-me-not day, so stop by the lobby and get flower seeds. Let our Veterans know we will never forget their sacrifices!

16th—Bus trip to Oglebay for The Festival of Lights. Bus leaves the Y at 1pm.

17th- Y Not Play. Come play cards/games in the kitchen at 11:30

18th- Friendsgiving Kid's Night from 5-9pm. \$20 members, \$30 Potential members

23rd- Thanksgiving Day! Enjoy time with your family!

24th- Y Not Walk. An "after turkey trot" at Twin Lakes Park in Greensburg. Let's work off that pumpkin pie!

December

5th- Life Line Screenings. Info on the flyer.

13th- Blood Drive 1-6



Hi All!

We are getting into the busy time of year. There will be lots of baking, shopping and get-togethers with friends and family. Find some time to relax and de-stress! Schedule a massage, slip into comfy clothes and enjoy a hot beverage, or build a warm fire. Take care of yourself so you can enjoy life! Don't forget to check out our online classes if you can't make it to the Y—there's a variety of classes to choose from. Stop by my office anytime! I love chatting with you!

♥ Missy

Recipe of the month

Apple Cake (Sue Wright)

Active time 40min, Total 4 hours

1/2 of 11oz pkg pie crust (used 9 oz Jiffy Piecrust mix)

8oz cream cheese at room temp

2 eggs, beaten

1/4c + 2T Sugar

3lbs Granny Smith apples, peeled, cored, thinly sliced
(used mix of Gala and McIntosh)

2tsp Apple Pie Spice(used cinnamon)

Heat oven to 350. Grease 8x3 spring form pan (used square spring form pan). Mix crust with 3T water until crumbly. Press 1/2 of crumb mixture into the pan. Beat cream cheese until smooth, add 1/4c sugar and eggs until well blended. Stir apple pie spice and 2T sugar together and add to mixture. Stir in apples. Pour into pan and press down on apples. Add remaining pie crust crumbles to top. Bake 1 1/2 hrs. Cool. (If you use the square pan, you could cut down the middle and have 2 loaves).





YMCA of Laurel Highlands

November 2023



Outside Pickleball Hours:
All operating hours, weather permitting
Inside Pickleball Hours
M-F 9-12; T/TH 5:30-7:30

AOA Recommended Classes

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:45 SS Circuit/AHAA 10:45 Zumba Gold 1:00 SS Classic 4:30 Yoga	2 8:45 Pilates 9:45 Barre 10:45 Christian Yoga 11:45 Bible Study 1:00 OTM	3 8:45 Zumba Gold 9:45 Dance w/ Phil <u>11:30 Y Not Craft</u> 1:00 SS Classic	4 8:15 Yoga
5	6 9:45 SS Circuit/AAHA 10:45 Zumba Gold <u>11:30 Y Knot Knit</u> 1:00 SS Classic	7 8:45 Pilates 9:45 Interval 9:45 Back n Balance 10:45 Seated Yoga 1:00 OTM	8 9:45 SS Circuit/AHAA 10:45 Zumba Gold 1:00 SS Classic 4:30 Yoga	9 8:45 Pilates 9:45 Barre 10:45 Christian Yoga 1:00 OTM	10 8:45 Zumba Gold 9:45 Dance w/ Phil <u>11:30 Y Not Read(movie)</u> 1:00 SS Classic	11 8:15 Yoga
12	13 9:45 SS Circuit/AAHA 10:45 Zumba Gold <u>11:30 Y Knot Knit</u> 1:00 SS Classic	14 8:45 Pilates 9:45 Interval 9:45 Back n Balance 10:45 Seated Yoga 1:00 OTM	15 9:45 SS Circuit/AHAA 10:45 Zumba Gold 1:00 SS Classic 4:30 Yoga	16 8:45 Pilates 9:45 Barre 10:45 Christian Yoga 11:45 Bible Study BUS TRIP	17 8:45 Zumba Gold 9:45 Dance w/Phil <u>11:30 Y Not Play</u> 1:00 SS Classic	18 8:15 Yoga
19	20 9:45 SS Circuit/AAHA 10:45 Zumba Gold <u>11:30 Y Knot Knit</u> 1:00 SS Classic	21 8:45 Pilates 9:45 Interval 9:45 Back n Balance 10:45 Seated Yoga 1:00 OTM	22 9:45 SS Circuit/AHAA 10:45 Zumba Gold 1:00 SS Classic 4:30 Yoga	23 Happy Thanksgiving!	24 8:45 Zumba Gold 9:45 Dance w/Phil <u>11:30 Lunch n Learn</u> 1:00 SS Classic	25 8:15 Yoga
26	27 9:45 SS Circuit/AAHA 10:45 Zumba Gold <u>11:30 Y Knot Knit</u> 1:00 SS Classic	28 8:45 Pilates 9:45 Interval 9:45 Back n Balance 10:45 Seated Yoga 1:00 OTM	29 9:45 SS Circuit/AHAA 10:45 Zumba Gold 1:00 SS Classic 4:30 Yoga	30 8:45 Pilates 9:45 Barre 10:45 Christian Yoga 1:00 OTM		