

December 2011

Monthly Newsletter

- Tuesday, December 13—Free Friend Day
- Christmas Day & New Year's Day—DHF CLOSED

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Holiday Hours:

Christmas

December 24: 8 am-12 pm

December 25: closed

December 26: 8 am-6 pm

New Year's

December 31: regular hours

January 1: closed

January 2: regular hours

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Y Class of the Year Y

Silver Strength—a class designed with older members in mind—is much-loved by its approximately 25 participants (average age 69).

When asked what their favorite part of the class is, most had similar responses.

Diane Judd said, "Sandy. I love her style; she gets you going. She's an everyday person who relates to a lot of people." Nelly Zanartu answered the question like this: "I like Sandy. And the exercises too—I love the atmosphere, it's perfect for our age." Jeanie Meyer said she enjoys that Sandy mixes things up, and she also loves the encouraging people who work togeth-

er. Rovalle Reiber agrees with Jeanie, "[I like the] fellowship. We all have similar problems. We're nice and care for each other."

Clearly, the instructor and peers are a big motivator for the participants. In addition, many love the workout. Georgia Martin said she enjoys the cardio, stretching, and everything. "[Sandy] covers the whole body," she said. While laughing and flexing her arm, Toni Poole said, "I've built up muscles I didn't know I had!"

The class takes place each Monday, Wednesday, and Friday from 11 am-noon, and is taught by Sandy.

Written by Joanna Stoops



Class members left to right: Barbara, Chris, Jeanie, Nelly, Georgia, Diane, Sandy (instructor), Jeannette, Marit, Rovalle, Anita, Toni, Shirley, Bernice.

NEWS TO YOU

Farewell & Welcome

Michael Lal has been a wonderful part of our facility, but it's time to say goodbye—he's leaving for Air Force boot camp on January 1. We wish him the best in his pursuits.

Patrick Todd has joined our team and is working weekday evenings from 5-9 pm and alternate Sundays. We're happy to have him on board!

Silver meets Gold

For four and a half years, Sandy has been teaching Silver Strength, a class designed for older members. It takes place on Mondays, Wednesdays, and Fridays from 11 am-noon. Starting Jan 3, Royce will be teaching Zumba Gold, another class for older members, on Tuesdays and Thursdays from 11 am-noon. Come join the fun and try Zumba Gold!



Recipe from
nourishingmeals.com

Looking Ahead

Mac's Run

5k, 10k

When: Saturday, December 10 at 10 am

Where: Sunset Bay State Park, Charleston

Call Rex Miller at 541-269-1199.

Christmas Lights Fun Run

When: Tuesday, December 13 at 6 pm

Call Pete Dawson at 541-267-6329 for distance, location, or more information. Club social event with refreshments and pizza following the run.

South Coast Striders

Kentucky Falls/North Fork Smith

4 or 9 miles

When: Sunday, December 18 at 7:30 am

Where: Meet at Reedsport Visitor Center to caravan to Kentucky Falls Trailhead
Email Don Luce at southcoaststriders@gmail.com for more information.



Recipe of the Month: *Coconut Almond "Sugar" Cookies*

Dry Ingredients:

1 to 1 1/4 cups almond meal (I use Bob's Red Mill)
1 to 1 1/4 cups unsweetened finely shredded coconut
1/2 cup arrowroot powder
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon sea salt

Wet Ingredients:

6 tablespoons virgin coconut oil (I use Nutiva)
4 tablespoons unsweetened applesauce
1 teaspoon vanilla
1/2 teaspoon lemon flavoring
30 to 35 drops liquid stevia

Icing:

1/2 cup raw cashews
6 tablespoons melted coconut oil
1/4 cup warm water
2 tablespoons coconut nectar, honey, or agave nectar
1 tablespoon arrowroot powder
1/2 to 1 teaspoon vanilla
1/4 teaspoon lemon flavoring
2 to 3 teaspoons fresh lemon juice

Directions:

Place the dry ingredients into a food processor fitted with the "s" blade. Pulse the ingredients

until combined and ground fine, about 60 to 90 seconds.

Add the wet ingredients and process until a dough ball forms. It will be soft but you should be able to form it into a ball. Place the dough into a bowl sprinkled with a little arrowroot powder. Chill for one hour in the refrigerator.

Preheat oven to 350 degrees. Then remove from refrigerator and roll out in between 2 pieces of wax paper or parchment paper to about 1/8 inch of thickness. Cut out with your favorite cookie cutters (they should all be fairly equal in size).

Bake for 10 minutes and watch carefully as timing and temperature may need to be adjusted. If they cook fast and brown then turn oven temp down to just over 325 degrees. Cool on a wire rack.

For the icing, place all ingredients into a high-powered blender and blend until ultra smooth, stopping the machine if necessary to scrape down the sides. Spoon icing into individual small bowls and add a tiny amount of natural food coloring if desired. We used chopsticks to ice each cookie, then sprinkled them with shredded coconut or natural sprinkles. Freeze the cookies for at least 20 minutes to set the icing.

Holiday Traditions *Annis Cassells*

Regardless of which winter holiday one celebrates, family traditions bring comfort, create fond memories, and forge family bonds. Sometimes those traditions are thoughtfully created, and sometimes they evolve naturally.

Decorating is often a part of the holiday tradition. Special ornaments that commemorate each year's celebration, or handmade ornaments, bring back memories of holiday times past. Our own skinny alpine tree is an eclectic mix of ornaments from China to Mexico to Maine. So, it's traditional during our decorating ritual to reminisce about the great places we've experienced.

Favorite foods, and activities around food, regularly become holiday traditions. Maybe it's an inter-generational marathon cookie baking event, or calling Grandma into the kitchen to make the gravy, or having Uncle John's famous salmon bake. Perhaps it's a potluck celebrated by guests bringing their specialty dishes each year.

Many families enjoy traditional activities like singing, reading and reciting holiday poems and stories, working jigsaw puzzles, playing games. Maybe they take a family vacation, returning to a favorite beach house or cabin in the woods.

Some have begun giving their time and energy for a worthy cause, creating holiday happiness for others. A young friend shared her middle school-aged niece's story of how meaningful the holiday became to her after helping her aunt distribute care packages to the homeless one Christmas Eve. Imani wrote, "Most of us take life for granted. When you think about all the things other people have to go through, with no homes, no jobs, and no food, you realize that life is a gift. If helping those homeless people was my only gift for Christmas that year, I honestly wouldn't mind it. I truly love the feeling of helping others out, even if they don't help me."

Another friend enlists her mom and daughter to provide holiday gift bags for a classroom of kindergartners in a low-income school district. These women delight in watching the children's faces as they open the gifts from Santa.

Whatever the traditions, family members come to anticipate them and often continue them for many years. The good news about traditions is they are only limited by our imaginations and a sense of what feels good for our family at holiday time.

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Highlights

Tidbits from the club and around the world

Coconut Water



Coconut water is the liquid inside young (unripe) coconuts. It comes plain or flavored, and can be found at health food stores and most grocery stores. It has many health benefits including:

- Good source of potassium
- Builds immune system
- Good for urinary tract health
- Contains lauric acid, which flushes out toxins
- Almost identical to blood plasma, which makes it the universal donor. Many people have been saved in wars and 3rd world countries because they've received a coconut water transfusion.

Featured Exercise

Flat Cable Press



Muscles worked: pectoralis major and minor

How to do it: adjust the cables to a low position and use the fly attachments. Lie flat on a bench between the cables. Grasp the handles. Start with your elbows at a 90-degree angle and press the handles up, keeping the handles directly above your elbows. Do not lock your elbows. Lower your hands back down and repeat.

EMPLOYEE HIGHLIGHT PAULA HOLMES

Paula has been with DHF for almost two years. She is an enthusiastic ZUMBA Instructor. Her recent battle with breast cancer has not slowed her down. We are happy to say she has completed chemotherapy and is finishing up with radiation. After that, she is going to DANCE or should we say ZUMBA!



Instructor tip

“Patience and persistence pay off in the long run.”

~Angie