



**FAMILY YMCA OF LANCASTER
& FAIRFIELD COUNTY**

2024



MARCH NEWSLETTER

This month we're talking CORNHOLE, celebrating a couple of our amazing swimmers, a couple of our amazing staff, getting some more fantastic cooking instruction from our resident Chef.. and don't forget Monthly Mary!

MEMBER SPOTLIGHT!



Congratulations to Scarlett & Grace, who went from poolside observers to confident swimmers in our private swim lesson program! Their adventurous spirits and our dedicated instructors helped them to conquer the water!

Ready to make your own waves?

Contact:

**Yael Echeverria, Aquatics Coordinator
yecheverria@ymcalancaster.org**

STAFF SPOTLIGHT



SUSIE BIRDWELL

This month we want to take the opportunity to shine a much deserved spotlight on our Senior Director of Programming and Membership, Susie Birdwell.

Susie wears a lot of hats here at our Y, and she is a truly amazing, natural leader. Susie's undeniable dedication to the YMCA, its staff, and the programs we offer shines through in every success we achieve at the YMCA of Lancaster & Fairfield County. Our association would not be the same without her helping lead the way.. (seriously!)

Thank you for championing our Y!

DID YOU KNOW..

That we offer personal locker room options, such as two family changing rooms in the front lobby Rotunda?

80'S

PROM NIGHT!

Our 6th avenue location will be hosting our first ever adult only 1980's themed prom!

There will be side ponytails, neon colors, and the best dance music you can imagine. Register online and come in your finest 1980's styles. The prom will be held **March 15th, 6pm-8:30pm** and we will host Kid's Night Out at the same time, that way you don't even have to worry about a babysitter!

A MESSAGE ON CLEANLINESS

Cleanliness for our YMCA is the most important issue. We start there. It is my job. It's everybody's job in the Y to keep all of our facilities clean. This includes offices, back areas as well as member areas.

A major part of cleaning at our YMCA is making sure door knobs, handrails any high touch areas are getting cleaned and sanitized several times a day!

Keeping our Y safe for members and staff!

Thank you! - Tracie Sharp, Custodial & Safety Director



FREE FRIEND FRIDAY

We offer Free Friend Fridays! If you are 18+, feel free to bring a friend any Friday at no additional cost! If you are under 18, as long as you have an accompanying adult, you can bring a friend along as well! See you all on Fridays!

CORNHOLE CLUB!



IN CASE YOU HADN'T HEARD:

We have a cornhole club that meets at our RVC location in the gymnasium! Everyone is welcome!

TIMES: Mondays 2pm-5pm | Thursdays 2:30pm-5pm

PRICE: Members play for free, Non-Members pay 5.00 per visit.

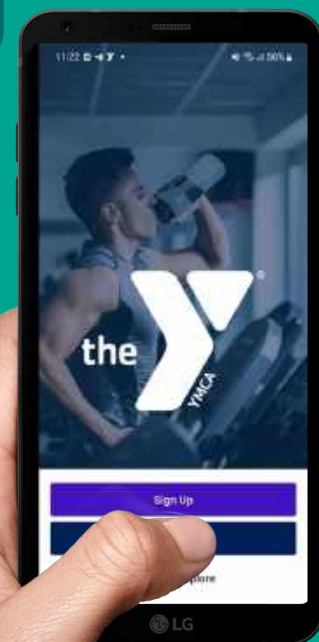
COME JOIN IN ON THE FUN!



YMCA LANCASTER APP

WITH OUR APP, YOU CAN:

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- REGISTER FOR PROGRAMS
- TRACK YOUR WORKOUTS
- JOIN CHALLENGES & WIN REWARDS!
- SHARE YOUR PROGRESS



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STAFF SPOTLIGHT



Betsy Hawkins

This month, we celebrate Betsy, who has been making a positive impact at the YMCA for the past year as a Member Service Representative!

Betsy's passion for building relationships shines through in her interactions with members. She consistently goes above and beyond to ensure everyone feels welcome, supported, and connected to the Y community. Her friendly demeanor and genuine

enthusiasm are infectious, creating a positive and welcoming atmosphere for all.

We're so glad that you're with us, Betsy!

AQUA EGG HUNT

FRIDAY, MARCH 22nd—Have your children jump in the pool and make a splash while they hunt for Easter Eggs during our Aqua Egg Hunt on the 22nd! (Eggs located both on deck and in the water.)

Three age groups: Ages 4 and under, 5-7 and 7-12!

After the hunt, families can join us in the Observation Room for some family activities! **Register now!**



COOK WITH JUDY!

(Our very own Executive Chef!)

Risotto Primavera

SERVES 4



Let's talk about three culinary terms:

Primavera which means Spring, **Mis en place** which means you prepare and line up all ingredients before cooking, & **Aromatics** which are herbs, spices and vegetables (and sometimes meat) that are added to accentuate the flavor of a dish...in other words, it is what make your dish yummy!

INGREDIENTS

- A small saucepan, a small saute pan and a braising or large pot

Ingredients:

1 bunch asparagus with the big ends snapped and the rest in ½ inch pieces

-5 wild mushrooms chopped

-9 T Olive oil

***Optional 2 large raw chicken breasts chopped or raw small shrimp peeled & deveined with the tails off**

-4 shallots chopped

-6 green onions sliced thin (white and green parts only)

-1 teaspoon sea salt

-1 cup Arborio rice

-1 cup white wine

- 4 cups chicken stock

- 1 cup frozen peas

- ½ cup chopped flat leaf parsley and chopped fresh chives

- 1 teaspoon lemon zest

-½ c parmesan cheese and ½ cup heavy cream and ½ cup butter

COOK WITH JUDY!

Risotto Primavera

SERVES 4



COOKING INSTRUCTIONS

Get some salted water boiling in the small pot...add the asparagus and boil until bright green! About 3-4 minutes. Drain and put in ice water to stop the cooking process.

When you are sautéing, put your olive oil in a saute pan to heat up before you add your ingredients.

Heat 3 T. Olive Oil in your saute pan and saute your mushrooms until tender...always seasoning with salt and pepper....About 4-5 minutes

If you are using chicken or shrimp now is the time to saute as well with

3 T. Olive Oil...I only flavor these with salt and pepper because we add the aromatics later. You will need to fully cook your meat because we are adding them at the end of your dish.

Make sure the rest of your vegetables and herbs are chopped and ready to go as we will add them later! Now for the steps...Don't go far from your stove during these steps!

1. Warm the olive oil in a braising dish or large pot over medium heat. Stir in the shallots and green onions. Sprinkle them with salt and cook until tender, about 4 minutes.
2. When the shallots are tender, add the rice and stir until thoroughly coated with the oil and the tips of each grain of rice turn translucent. Increase the heat to medium-high, and then pour the wine into the pan and stir until the liquid is absorbed.
3. Add the broth to the pan, about a half cup at a time, stirring until the rice fully absorbs the liquid before adding more. Continue adding the broth in batches and stirring continuously until the rice is tender and creamy - about 30 minutes.
4. Turn off the heat, and then stir in the cooked meat, peas, asparagus, your aromatics (fresh herbs) and lemon zest.
5. At this point you can enjoy your dish...however adding the parmesan cheese, butter and heavy cream make it so rich and yummy. Not good for the waist line, however!
Serve immediately and store any leftovers in a tightly sealed container in the fridge for up to 3 days.



GERI-FIT®

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Strength Training Workout for Older Adults

Geri-Fit® is a 45-minute evidence based strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of light dumbbell weights. As you become stronger, you can advance to using heavier dumbbells in order to challenge yourself even more. There's no dancing, aerobics, or choreography to learn and you never have to get on the floor. Enrollment is open to older adults of all ages and fitness levels... simply work out at your own pace!



To register, contact Angie Duckworth

At: 740-687-2941 or aduckworth@ymcalancaster.org

Where: Family YMCA of Lancaster and Fairfield County

River Valley Campus
2384 N. Memorial Drive
Lancaster, Ohio 43130

FEE: Free to age 60 and over!

Days and Times: Mondays, Wednesdays at 12:30pm

Two 12-week sessions

Session One: April 8th – June 26th 2024

Session Two: July 8th - Sept. 25th 2024

Co-Sponsored by:



MONTHLY MARY!



Hello to March!

Closer to spring! Before I start to work, I go walk the track here at the Y. I enjoy seeing everyone using the equipment. The windows makes it so nice! Enjoy the pools, they help your movement so much! Use the facility at the RVC, there's also so much to do over there! And there are amazing things happening over at the RecPlex—Pickleball is all the rage now!

Here's a shout-out to our childcare and fun activities for the kids. There is Kids night out, Biddy Basketball, building (legos!) and more! Hannah, Wanda and staff continue to expand the children's minds and make a point to teach them kindness. Try to donate if you can so they can keep up the great work!

Last but not least, to Tracie and her wonderful custodial staff. They work diligently to keep our facilities clean and safe. They all are willing to help—Make sure to say thank you every now and then if you see them around! - Mary

SEE YOU NEXT MONTH!

