

Solution on page 3.

**Hillcrest Y will be closed.  
Enjoy the Holidays!**

**Bring a nonmember friend with you: all are welcome.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00- 8:50 <b>Pure Strength</b> Samantha	8:15 – 9:05 <b>Fitness After Fifty</b> Ester	9:00-9 :50 <b>Total Body Blast</b> Leo	8:15-8:45 <b>Fitness After 50</b> Ester	8:00 -8:50 <b>Aqua Fit Combo</b> Marilyn <b>Pure Strength</b> Samantha
8:00 -8:50 <b>Aqua Fit Combo</b> Marilyn	9:00-9:50 <b>Buti Yoga</b> Anita	9:00-9:50 <b>Aqua Fit Combo</b> Cynthia	8:15 – 9:05 <b>Fitness After Fifty</b> Ester	10:00-10:50 <b>Yoga Flow</b> Susan
9:00 – 9:50 <b>Barre</b> Kathryn	9:00-9:50 <b>Aqua Fit Combo</b> Cynthia	9:45 – 10:35 <b>Step Fusion</b> Tiarra	9:00-9:50 <b>Yoga for Men</b> Judi	10:00-10:50 <b>SilverSneakers Classic</b> Cynthia
9:00-9:50 <b>Aqua Fit Combo</b> Cynthia	10:00- 10:50 <b>Beat It! \$</b> Ester	10:00-10:50 <b>Tai Chi</b> Lorenzo	9:00-9:50 <b>Aqua Fit Combo ?</b>	*** <b>Saturday***</b> 9:00-9:50 <b>Yoga</b> Susan
			9:10-9:35 <b>Cycle Lite</b> Sarah	
9:15-10:05 <b>Total Body Blast</b> Leo	10:00 -10:45 <b>Stretch &amp; Mobility</b> Sarah	11:00- 11:50 <b>Fitness After 50</b> Leo	10:00 – 10:50 <b>Women on Weights</b> Cynthia 10:00- 10:50 <b>Strength Mobility</b> Sarah	9:00-9:50 <b>Cardio Combo</b> Monique 9:00- 9:50 <b>Cycle</b> Lynn
10:10-11:00 <b>SilverSneakers Classic</b> Kathyrn	11:00-11:50 <b>Line Dance</b> Gigi		10:00 – 10:50 <b>Line Dance</b> Anita11:00 – 11:50 <b>Chair Yoga</b> Judi	10:00-10:50 <b>SilverSneakers Classic</b> Monique
11:15- 12:05 <b>SilverSneakers Yoga</b> Kathryn	11:15 – 11:40 <b>Cycle Lite</b> Sarah		11:00-11:25 <b>Strength &amp; Balance</b>	10:00-10:50 <b>Zumba</b> Quanetta
	12:15 – 1:05 <b>Chair Yoga</b> Anita		12:00 – 12:50 <b>Polynesian &amp; Hawaiian Dance</b> Dahmia	
	2:00- 2:50 <b>Arthritis Water Fitness</b> Rose		1:00-1:50 <b>Belly Dance</b> Dahmia	<b>**Sunday**</b> 10:00-10:50 <b>Cycle</b> Michelle
			2:00- 2:50 <b>Arthritis Water Fitness</b> Rose	

## Information & Announcements

### Cranberry Salsa

Here’s an easy, festive, and healthy appetizer for your holiday parties.

10-12 ounce bag (2/1/2 – 3 cups) cranberries

1 bunch cilantro, roughly chopped

4 green onions in 2” – 3” pieces

1-2 jalapenos, with or without seeds

2 limes, juiced

¼ - ½ cup sugar or honey

½ tsp salt

2 TBS olive oil – optional

In a food processor, pulse the cranberries, cilantro, green onions, and jalapenos to the desired chunky texture.

Add the lime juice, salt, and sugar – start with the lower quantity of sugar. Mix just to blend. Taste and adjust the seasonings as desired. Stir in the olive oil if you choose to use it.

Let the salsa sit for at least 30 minutes to develop the flavors. Serve it with vegetable slices or tortilla chips. This dip improves with age and keeps well.

### Holiday hours

We will be open on Christmas’ Eve, New Year’s Eve, and New Year’s Day from 7:00-1:00. We are closed Christmas day.

Our Holiday class schedule will be posted at the front desk. Please check to see what classes are scheduled on these holidays.

The staff at Hillcrest Y wish you and yours a joyous, peaceful holiday.

### Class Sign Up Sheets

Please sign up legibly with your full last name so you can be alerted if weather or other circumstances causes a class to be cancelled.

**Trainer’s Corner with Anita** **Healthy Holiday Travel Tip** Travel during the holidays can be stressful and overwhelming. Prioritizing self-care will help to make your out-of-town celebrations merry and bright. Maintaining good health while travelling is essential, so begin with the basics: keep your hands clean with frequent washing or hand sanitizer; pack any medications in an easily accessible bag; and stay active to offset the sedentary nature of long trips by building in movement and stretch breaks. The following tips will help you prepare to feel your best on the road. 1) Maintain healthy routines - Pack nutritious and satisfying snacks; carry a reusable water bottle to stay hydrated; be sure to get enough rest prior to your trip; and nap when possible during long flights and car rides. 2) Stay Active – To preserve fitness, boost energy and reduce stress, build movement into your daily routine. Take the stairs, walk, jog or bike outdoors, or walk at an indoor mall. If you’re staying at a hotel, check out the fitness facilities. Include stretching to prevent muscular stiffness and discomfort. Simple neck rolls, shoulder shrugs and leg lifts help improve circulation and release tension. 3) Don’t minimize mental health – Manage stress with breath work, calm music and meditation techniques for centering and relaxation; schedule breaks to wind down and recharge; and engage in mindfulness exercises like centering breath or guided meditation for help staying present and to ease anxiety.

### Solution to Word Scramble:

Stocking, fireplace, chimney, mistletoe, ornaments, tinsel, sleigh, presents, twinkle. Snowflake