



The Holidays Are Here

LET'S DIVE IN

It's that joy filled, family overload and eat too much time of year again. We are so ready to dig in to a huge Thanksgiving feast and then burn it off with an awesome workout. Read on for some tasty treats you can try and great opportunities to get a killer workout while giving back!

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DON'T FORGET

- Nov. 3rd—turn back those clocks
- No Classes the week of Thanksgiving
- Closed Nov. 2nd, 16th, 27th @ 5pm & 28th

NOTES FROM THE DIRECTOR



Most of you might have heard already that we have been approved for an additional court, additional parking, and new equipment for the Fitness Room upstairs. I wanted to give you some updates on all three areas.

Fitness Room equipment has been approved and ordered. We will have a few days where we will have to close the fitness room and part of the parking lot when it comes time for installation. As of right now we do not have the specific dates for you. When we do we will make sure to share the information with everyone. At this time you can follow the links to view what we have purchased for [Cardio](#) and [Weights](#).

Parking lot expansion is slated start November 11. The expansion will about double the current size of our parking lot. The reason for this expansion is that it is needed and the new court will extend out to the current parking lot taking up some of the space. We anticipate it being finished end of January beginning of February 2020.

The third court addition is still getting everything finalized and plans to break ground after the youth basketball season, which should be end of March or beginning of April 2020. This is needed due to the increase in youth sports numbers. With the addition of the third court it is in hopes to not have to cap youth sports numbers. With the 3rd court we have to add restrooms to the area and will also get a well need storage space for all the sporting equipment.

If you have any questions about any of the three projects please either ask or email me at pbecker@cityofclemson.org.

Thank you,

Pete Becker



SMART START BASKETBALL

Registration opens Monday, Dec. 2nd.

Dates: Saturdays, Jan. 4, 11, 18, 25 and Feb. 1 & 8

Time: 8:00 AM - 8:50 AM

Location: Central Clemson Recreation Center

Cost: Members \$35/Non Members \$45

“help us make a difference and get a great workout”

BASKETBALL IS BACK

YOUTH BASKETBALL

Youth basketball will be beginning in November. The courts will be in use from 5:30pm until close each afternoon. The parking lot will also be busier than usual so be sure to drive cautiously and watch out for those little ones.



TAKE THE CHALLENGE

YOU COULD ADD ONE FREE MONTH TO
YOUR MEMBERSHIP!

Accept the challenge and reap the benefits!

For the month of November, we are encouraging those of you who have a Fitbit or other tracking device to wear it during your classes. A notebook will be kept in the fitness room where you will choose a page, write your name, and after each class you will record the date, time, and number of steps recorded on your device. The person with the most steps during the month of November will have one free month added to their membership, plus, receive a prize!

(Be sure to reset your device just before class begins.)

Let's get motivated and have fun with this!

Pam Jennings

Fitness Classes Coordinator



CCRC AFTER SCHOOL CARE

Last month we swam, decorated pumpkins and celebrated national farmers day by making our very own butter and learning more about the farmers that feed us. We also, visited the library and kicked back with a movie, popcorn and ice cream, yum! But that's not all! We started our walking club and are fast on our way to our first stop, Liberty. Plus, some of us got kooky at Kuk Sool Won! Check out our Facebook page to see all the fun and photos!



November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 CLOSED Clemson vs Wofford
3 Daylight Savings Time Ends, Be sure to turn your clocks back!	4	5 Election Day	6	7 Weight Room Orientation 11:30am	8	9
10	11 Veteran's Day	12 Weight Room Orientation 10:00am	13	14	15	16 CLOSED Clemson vs Wake Forest
17	18	19	20	21	22	23
24	25 No Fitness Classes JDRF Fundraiser	26	27 Closing at 5:00pm	28 CLOSED Happy Thanksgiving	29 Black Friday	30 No Fitness Classes Small Business Saturday

See a more detailed schedule of CCRC events and happening at our [website](#) or follow these links:

[POOL SCHEDULE](#)

[EVENTS SCHEDULE](#)

[FITNESS SCHEDULE](#)

4TH ANNUAL JUVENILE DIABETES RESEARCH FOUNDATION FUNDRAISER

It's that time again! We are happy to announce that on Monday, November 25th, during the week of Thanksgiving, we will be holding our 4th Annual Fitness Class Fundraiser Marathon for the Juvenile Diabetes Research Foundation in hopes to improve treatment and ultimately discover a cure! Last year was a huge success in that, not only was it a fabulously fun day, **we raised over \$1,000!**

With a one-time donation of \$10, you may participate in one or more of three sessions: 9:00 AM - 10:30 AM, 11:30 AM - 1:00



PM, and 5:00 PM - 6:30 PM. Each block will combine two or three types of workouts. A complete schedule will be released in the near future and can be found on our website, Facebook page, and flyers located at CCRC. You can expect, weight training, Barre, yoga, and cardio, such as Beat It, Zumba, Turbo Kick and more! Bring your neighbors, co-workers, friends and family for a fun-filled day of exercise and let's make a difference in the lives of 300 million victims stricken by this disease! All donations are greatly appreciated! (See flyer contained within this newsletter.)

REMINDER! We have added

two 4:15 PM classes to our schedule: Tuesday is Instructor's Choice. You will experience various types of workouts led by instructors Nefis Karanfil, Pam Jennings, or Beth Davenport. You can expect cardio, weight training, yoga, Beat It, Zumba and more. Thursday is RaisedBarre® with instructor, Betsy Cook.

REMINDER: All regularly Scheduled fitness classes will be cancelled Nov. 25th—29th



THANKSGIVING PIES



Some people may try to claim Thanksgiving is all about the turkey, but we know better. We are here for the PIES!!! We have picked three of our favorite, if not a little different, pies for you to try this Thanksgiving. Enjoy and don't forget to bring us a slice!

Sweet Potato Meringue Pie

Sweet potatoes aren't just for the main meal, they're also delicious for dessert. This is also a versatile pie that's great with a standard crust, or with a graham cracker crust. (Especially if you include some chopped pecans with those crumbled crackers.) Either way, you'll start making your filling by microwaving your sweet potatoes until they're soft enough to scrape out the flesh. Then, puree your potatoes (about 4 decently-sized potatoes should be plenty), with half a cup of brown sugar and the same of heavy cream, three eggs, and a few table-spoons of bourbon or whiskey to taste. (You can also substitute in molasses here.) Once everything is incorporated, pour into your crust and bake until dry and firm to the touch.

Then, all that's left is the meringue. Whip four egg whites until they start to change consistency, and gradually add in sugar. Keep beating the mixture and adding the sugar a little bit at a time, until it forms peaks that stand on their own. Scoop onto your cooled pie, broil for just a few minutes to darken the meringue, and serve.

Chai Spiced Pear (or apple) Pie

Cold autumn nights are the perfect time for hot cups of chai tea, so how about taking those same flavors and stirring them up into your pies? Apples and pears work equally well for

this, and both are the perfect background for these warm, delicious flavors. And it's easy, too!

Use your favorite pie crust, then prep the filling in pretty much the same way no matter which fruit you choose. You're going to thinly slice enough apples or pears to fill your pie, then put them in a bowl with a dash of lemon juice, vanilla to taste, and your chai spices: that's cinnamon, ground ginger, nutmeg, cardamom, and a dash of black pepper. That last one might sound pretty strange, but it's absolutely neces-



Thanksgiving does not scare us, we have got you covered!

sary. Trust us!

Let your mix sit for a while, and if you prefer a slightly softer pie, feel free to cook the apples or pears in a saucepan for just a few minutes. It's the flavors of the spices that make this one extra-special, and there's just no way to go wrong.

Gingerbread Eggnog Pumpkin Pie

Pumpkin is one of Thanksgiving's most important flavors, then once that holiday is done, eggnog and gingerbread take over. What better way to welcome them in than with a dessert that incorporates all three?

It's surprisingly easy, too. Instead of using milk and eggs in your pumpkin pie filling, swap that out for a Fill with your noggy pumpkin pie filling, and while it's baking, you have plenty of time to decide what kind of whipped cream you're going to make for the top. Vanilla? Rum? More gingerbread?

Find More tasty pies [HERE:](#)





WEBSITE UPDATE

We are currently in the process of giving our website a facelift and adding a few things. One of the exciting features we will be adding is an archive of our previous newsletters so you can always go back to find important information you may want or just pick out a good recipe. Be sure to check it out and please be patient as we work to complete the update.

FREE WEEKS ARE COMING

In the spirit of doing good for others we will once again be giving the gift of free fitness to our community. We will be offering two different FREE weeks for anyone in the community to take advantage of. These will be the weeks of December 16th—22nd and January 6th—12th. Be sure to tell your friends and stop by the front desk to register. Free weeks are only valid for non-members.

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