

JULY 2020

# CENTRAL-CLEMSON

*Recreation Center*



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## **WE ARE HERE FOR YOU**

The world may be topsy turvy right now, but the CCRC is still here for you and so is our long time favorite, the Summer Splash Membership. Sure, we are all adjusting to a new normal, and some of our services are different, but there is still plenty to keep you busy. The pools are great exercise or hours of fun for your kids. The weight room, with all it's brand new equipment, is the perfect place to burn off stress and calories. You can even purchase a personal training package and let someone else worry about the details. Plus, did you know we are cleaning, disinfecting and fogging the building multiple times a day, as well as taking the temperatures of everyone who comes into the building? We do all this because we value you as a part of our CCRC family, take your health and safety seriously and want you to feel comfortable taking part in an activity you love!

## Fall 2020 After School Care



We are all in limbo, waiting to see what the Fall school year will bring. But, that is no excuse to not be planning ahead, we sure are. We are looking forward to a GREAT 2020/2021 After School Care year and are taking registration now. With a limited number of spots and half of those already full, now is the time to register. We are not taking payments just yet, but are holding spaces on a first come first serve basis.

### WHAT WE DO

Homework Assistance, Recreation Activities, Academic Enrichment, Swimming, Arts & Crafts, Daily Snacks and More

### WHEN WE DO IT

Monday - Friday: 3:00pm - 5:30pm

### WHO CAN JOIN IN

Kindergarten - 5th Grade

### COST (per child)

Registration: \$40

Weekly: \$40

Register today at [www.centralclemonsrec.com](http://www.centralclemonsrec.com)

## 2020 Court Construction

Our new basketball court is really starting to take shape. With completion expected to be at the end of August, we are going to see a lot of change in the coming weeks. Be sure to come by and check it out for yourself.



# JULY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 CLOSED	4 Happy Independence Day CLOSED
5 CLOSED	6	7	8	9	10	11
12	13	14 Mac & Cheese Day	15	16	17	18
19	20	21	22 Hotdog Day	23	24	25
26 Parent's Day	27	28	29	30	31 Avacado Day	

*Be sure to check out page 6 for some great Parent's Day ideas.*



# Help Us Celebrate National Parks and Recreation Month

Did you know that July is National Parks and Recreation Month? Every day, in communities across the country, the people of parks and recreation are providing essential services and making their communities better places to live, work and play. So, this Parks and Recreation Month, there's no better way to celebrate than by lifting up the people who make it happen all year long. Thank your Parks & Recreation employees (yes, that does include us, wink wink) then go out and enjoy all that Parks and Recreation works hard to ensure you have access too. At CCRC you can go for a swim in the pools or get a great workout in the weight room. How about taking your kids, your dog or maybe just yourself to the park for some much needed fresh air. Hey, maybe even pack a picnic and make a day of it.

Read on for a list of all the parks and facilities that your parks and recreation departments have to offer. Then, pick one or two, or maybe all of them, and start enjoying! Just please remember to practice good social distancing while you are there!



## THE PARKS OF CENTRAL & CLEMSON!

Cannon Park  
Community Park  
Ashley Dearing Park  
Catherine Smith Plaza  
Central-Clemson Recreation Center  
Clemson Park and Community Garden  
Dawson Park  
Earle Anderson Park  
Gateway Park  
Jaycee Park  
Larry W. Abernathy Waterfront Park  
Mountain View Park  
Rotary Park  
Shanklin/Sams Greenspace  
Totties Place  
W.C. Nettles Park

# Get Off The Couch And Into The Weight Room



Have you been thinking of venturing into the weight room but are at a loss for how to get started? Don't worry, you are not alone. A weight room can be an intimidating place, but it does not have to be. Once you get in the swing of things you will feel right at home, so let us help you do just that. Below you will find two beginner workouts that we think will be just what you need to get started, stick with it and feel confident doing it!

## M&F 4-WEEK BEGINNER'S WORKOUT PROGRAM

Let's just call this the accelerated beginner's guide to bodybuilding. In this plan, your first month of training will be demanding, but not so demanding as to cause injury (or worse yet, burnout), and progressive in the sense that each week you'll graduate to different exercises, higher volume, more intensity or all of the above. After four weeks you'll not only be ready for the next challenge but you'll have built a significant amount of quality muscle. In other words, one month from now you'll look significantly better with your shirt off than you look now. (How's that for results?)

Find the [FULL WORKOUT PLAN HERE](#) !

It is recommended that you consult your physician prior to beginning any new fitness activity or program.

## SHAPE 4-WEEK WORKOUT PLAN

Feeling aimless in the gym? Not sure exactly how to Tetris your cardio and strength workouts together to get the most results? This 4-week workout plan will be like your personal trainer and accountability buddy in one, offering expert workout guidance and a solid schedule to keep you on track. Best part? Most of the workouts take 20 minutes or less—but be prepared to sweat.

Just follow this link for the [ENTIRE WORKOUT!](#)

Do you still feel like you need a little help on your quest to get healthy? Never fear, technology is here. Your phone is not just for music and distraction while you're at the gym, it can be a real resource.

Check out Techradar's list of the [The best workout apps of 2020.](#)

1. Map My Fitness
2. Yoga Studio: Mind & Body
3. One You Couch to 5K
4. StrongLifts 5x5
5. Strava
6. Freeletics
7. Garmin Connect
8. Nike Training Club





## Parents Day, Let's Show a Little Appreciation!

In 1994, Congress unanimously passed “The Parents’ Day Resolution”, creating National Parent’s Day. This day honors all parents on the fourth Sunday in July. No matter where our parents may be, this day serves to celebrate their important role in our lives. In May we celebrated mothers, and in June we celebrated fathers. It follows that in July we can bring all our parents together and show them some appreciation all at once. So, this Parent’s Day show love and appreciation. And, if you are having trouble figuring out how to do it, we have some ideas.

### **1) Go On a Picnic: (adult kids)**

Skip the restaurant and take mom and dad (grandma and grandpa) out for a one of a kind picnic. Be sure to pack their favorite foods, a blanket and maybe even a pillow, just in case they decided to really relax and take a nap.

### **2) Take the Kids: (infants and toddlers)**

for those with younger kids, one of the nicest things you can do it take the kids for a day or maybe a sleep over. This will give mom and dad some hard earned time for themselves. And, when you bring them back be sure they are all tuckered out and ready to chill.

### **3) Step Up: (tweens and teens)**

Hey kids, stop relying on mom and dad and let them rely on you, at least for today. Clean up the house, don't ask for anything and be sure to take care of breakfast lunch and dinner. Oh, and don't forget to tidy up your room. You may not love doing these things, but guess what, sometimes mom and dad don't either.

No matter what you do this Parent's day just be sure to say and show just how much they mean to you!

# Mac and Cheese Just grew Up!

This month was crammed full of national food days! While we wanted to celebrate them all, we had to reign ourselves in and decided to go with a classic this month. It has served as a dinner staple and kids favorite for decades! We have made it our goal to help all you grownups fall in love all over again with the mighty Mac and Cheese! We found two recipes that we think will help you do just that!

## **HEALTHIER MAC 'N' CHEESE #1**

INGREDIENTS: 250g spelt pasta, 300g broccoli, 1½ tablespoon olive oil, 1 garlic clove, 2 tablespoons plain flour, 400ml milk, 1 teaspoon Dijon mustard, 1 zucchini, 80g (1 cup) grated vintage cheddar cheese, 4 eggs

DIRECTIONS: Preheat oven to 200°C. Lightly spray a 1.5 litre (6-cup) capacity baking dish with oil. Cook the pasta in a large saucepan of boiling salted water, following packet instructions, and adding broccoli for last 2 minutes of cooking time. Drain. Heat oil in a large non-stick frying pan over medium heat. Cook garlic, stirring, for 1 minute or until fragrant. Add flour and cook, stirring, for 1-2 minutes. Gradually stir in milk and bring to a boil. Reduce heat and simmer, stirring occasionally, for 3-4 minutes or until thickened. Stir in mustard, zucchini and half the cheese and cook stirring for 1 minute. Add the cheese mixture to the pasta mixture and stir until well combined. Spoon pasta mixture into the prepared dish. Make four indents in the pasta and carefully break an egg into each indent. Sprinkle and bake with the remaining cheese. Bake for 12-15 minutes or until eggs are cooked to your liking.



## **HEALTHIER MAC 'N' CHEESE #2**

INGREDIENTS: 1 Pound Elbow Macaroni, 2 TBS Unsalted Butter, 1 small Yellow Onion - grated, 1 Pound Butternut Squash - peeled and 1/2-inch dice, 1/2 scant tsp EACH: Ground Nutmeg, Dried Thyme & Smoked Paprika, 1 ½ Cups Half-and-Half, 1/2 Cup Low-Sodium Vegetable or Chicken Stock, Kosher Salt and Ground Black Pepper to taste, 1 ½ heaping Cups Grated Sharp White Cheddar Cheese, 1/3 heaping Cup Finely Grated Parmesan Cheese, for Serving: Fresh Thyme, Scallions or Parsley

DIRECTIONS: Bring a large pot of water to a boil. Sauté the onions and squash. While the water is coming to a boil, heat the butter in a separate large pot over medium heat. Add the onion and cook for 2-3 minutes, stirring occasionally. Add in the squash and season with nutmeg, thyme, paprika, 1 teaspoon salt and ½ teaspoon pepper. Cook, stirring, for 2 minute. Add the liquid and simmer. Add in the half-and-half and stock. Increase heat to medium-high and bring to a simmer. Immediately reduce heat to maintain a gentle simmer. Continued on page 8...



# Mac and Cheese Just grew Up!

## CONTINUED...

Cover and cook until the squash is extremely tender, about 20-22 minutes. Turn off the heat. Meanwhile, generously season boiling water with salt. Add the pasta and cook to al dente according to package directions. Drain the pasta, reserving ½ cup of the pasta water, and set aside. Once the squash is tender, use an immersion blender to puree the squash and stock mixture until smooth and creamy. Alternatively, transfer the squash mixture to a stand blender in batches and puree until smooth. Return the squash puree to the pot. Turn heat to low and add both cheeses gradually, 1 handful at a time, whisking until smooth between each addition. Taste the sauce and adjust for seasoning with salt and pepper. Add the cooked pasta to the sauce and stir until the pasta is coated and combined with the sauce. Add some of the pasta water if the sauce is too thick. Ladle the mac and cheese into individual serving bowls and garnish with fresh herbs and more parmesan if desired. Enjoy!



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