

APRIL 2020

# CENTRAL-CLEMSON

*Recreation Center*



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## UNEXPECTED TIMES

### **BUT WE HAVE GOT THIS**

Well, this year has certainly taken a turn none of us expected. As we band together as a community and nation, doing our part to stop the spread of the COVID 19 virus, we have all had to make sacrifices. While those may sometime be inconvenient, they are so necessary and we appreciate the part everyone has played in this effort. We want you all to know how much we appreciate you as members and part of our CCRC family. Be sure to check out page 2 for an update on what we have been and will continue to do to ensure the health and happiness of our members.

# Unexpected Times...

Dear Members,

We hope that everyone is being safe with all that is going on right now. We have been working remotely to figure out how to cope with all this and handle billing of memberships. We would like to thank you all for your patience during this time and your dedication to being a member of the Central Clemson Recreation Center. We are sorry for the inconvenience this has been on everyone and want you know to how much we appreciate you being part of the CCRC family.

Here is what we can do for each type of Membership:

All monthly billing memberships will be suspended. This will allow for us to keep you in the system, but not charge you for your month's membership. We will also find a way to credit you all the time lost for the month of March.

For "Paid in Full Memberships", we will add whatever amount of time we are closed to your accounts, to credit you all for the time we have been closed.

We have also been deep cleaning and disinfecting the building, so that when we can open back up to the public, everything is looking its best for all members. On a brighter note, we are hoping to have the showers redone in both Women's and Men's Locker Rooms when the CCRC reopens! Plans for the court expansion are still on for a tentative start date of April 6. As soon as we have more information on when we might be able to reopen will make sure to share it with you all.

Thank you, Peter Becker

# APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 April Fools Day	2 National Peanut Butter and Jelly Day	3	4
5 Palm Sunday	6	7 World Health Day	8 Lailatul Barat Starts	9 Holy Thursday Passover Starts  National Unicorn Day	10 Nat'l Siblings Day	11 Nat'l Pet Day
12 Easter	13	14	15	16 Passover (End)	17	18
19 Orthodox Easter	20	21	22 Earth Day  Administrative Professionals Day	23	24 Arbor Day  Ramadan (start)	25
26	27	28	29 International Dance Day	30 International Jazz Day		

*OK, so you are stuck inside and going a little stir crazy. This is the prefect time to really embrace April and all it stands for. Did you know that April is National Garden Month, Couple Appreciation Month, Stress Awareness Month, National Pet Month!*

# HOME WORKOUTS



Sure, you can't go to your favorite place, the gym, but that does not mean you have a free pass on your workout. You can and should keep up your routine. While it may be a little more difficult to commit to your workout at home we have a few tips to help you do just that.

## **Want to Start Working Out At Home But Not Sure How? Try these tips!**

- 1) Build the Habit Into Your Daily Routine
- 2) Physically Designate a Workout Space at Home
- 3) Find an Online Video You Love
- 4) Make Someone Keep You Accountable
- 5) Invest in a Few Pieces of Equipment, But Keep the Equipment Minimal
- 6) Invest in Quality Active wear
- 7) Know That an At-Home Workout Can Be as Hard as You Want It to Be

These tips should help get you started. And remember, if you are looking for some equipment or active wear there are great online options that can be delivered right to your door without you ever having to leave the house.

Read the full article [\*\*HERE\*\*](#)

And, for all the parents out there, we have not forgotten about you. Sure, you may now be a stay at home parent and teacher but you can still get your workout in. Try these tips for working out with kids at home.

## **1) Drop your expectations and/or break it into smaller segments.**

At first it may be more challenging to carve out 30 minutes for a full workout. Instead, split it into three 10-minute sections throughout the day. When the kids are more used to it, you can add in time.

**2) Give them something to entertain/distract them and don't worry about giving them a little extra screen time.** Sometimes you gotta do what you gotta do!

**3) Take it outdoors.** Put on some music and they can play while you work out in the grass.

**4) Have a plan.** Know exactly what you're going to do for your workout so you don't waste precious time figuring everything out!

**5) If they want to join in, encourage them!**

This helps set a good example and keeps them moving.

Read the full article [\*\*HERE\*\*](#) and Keep reading on page 5 for workout ideas for you AND your KIDS.





## WORKING OUT WITH THE KIDS

### YES YOU CAN

We are still trying to figure out the best way to continue with social distancing while keeping the same routines. We have gathered together some great websites/apps and ideas to help you to continue to work out at home and get your kids engaged and moving.

#### IDEAS FOR FAMILIES

**Cosmic Yoga** - Free videos on YouTube, great for all ages.

**Go Noodle** - Free! Kids can learn and move at the same time.

**Fit Deck** - Basically a deck of cards with different exercises on them. Turn exercise into a game. They have kid and adult decks available online or just make your own.

**Fitness Blender** - Lots of different free videos, they even have videos for kids.

**Gym Class** - Have the kids do jumping jacks, run in place, use hula hoops, time them as run around the house (or distance outside) or do some basic stretching.

**Set up an obstacle course** with lots of jumping and crawling. Get outside if you can!

**Have a dance party!** We love to dance and it is wonderful exercise.

Even if you aren't used to working out at home, and definitely not with kids, these are great ways to break up the day, release some stress, and tire those kids out! Let us know how you are working out while staying home on our Facebook page or send us an email.

Read the full article [\*\*HERE\*\*](#)

# RECIPES



## LET'S RAID YOUR FRIDGE

So you are staying inside and trying to avoid public places, like the grocery store. And, when you do go grocery shopping, some items may not be available. We have all experienced this lately. Why not use this as a great opportunity to clear those cabinets for a yummy meal. But what to make? Well, to be honest we are not sure either but we have found a really cool resource to help you figure it out.

Try this great app, **Supercook**. Simply select the ingredients you have in your kitchen and it will come up with a list of recipes you can make. What could be simpler!

Keep reading for our recipe choices.

## EGGS ARE US

We are going with eggs for our recipes. Almost everyone has them in the fridge, they make an easy meal and Easter is just around the corner!

Our first choice is a classic, french toast. This is a favorite your kids are sure to love and it is SO easy to make. Even better, it only takes a few ingredients that you are likely to have at home.

### Ingredients:

Eggs, Milk, Butter, Cinnamon (or any other seasoning you like), Vanilla and any sort of Bread



### Directions:

1. Whisk together the eggs, milk, cinnamon and vanilla.
2. Heat your butter in a skillet until melted.
3. Dip each slice of bread into the egg mixture and place in skillet. Once the bottom is browned, turn with a spatula and cook until the other side is browned and cooked through.

Make sure you top it with any fruit you have around or for less healthy option, syrup or powdered sugar, yum!

Recipes continued on page 6.



# RECIPES CONTINUED...

## Spinach and Ham Egg Bakes

Less fancy than quiche, these hearty little egg bakes are perfect for an easy breakfast lunch or dinner. Plus, they are totally customizable. Swap out ham and dill for bacon and parsley, throw in some tomatoes or cheese—the options are endless.

### INGREDIENTS

- 1 (14.1 oz.) package refrigerated rolled piecrust
- 4 large eggs
- 3/4 c. half-and-half
- 1 (10-oz.) package frozen chopped spinach, thawed and squeezed dry
- 1/3 c. finely chopped smoked ham
- 2 Scallions, Chopped
- 1 tbsp. chopped fresh dill
- 2 tsp. Dijon mustard
- Kosher salt and freshly ground black pepper

### DIRECTIONS

Preheat oven to 375°F with the rack in the lowest position. Unroll piecrust and cut into 12 (4-inch) rounds. Fit rounds into a lightly greased 12-cup muffin tin, pressing up and slightly over sides of each cup. Chill 10 minutes. Meanwhile, whisk together eggs, half-and-half, spinach, ham, scallions, dill, mustard, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Spoon into crusts, dividing evenly. Bake until puffed and set, 22 to 25 minutes. Serve warm.

Courtesy of countryliving. Find the recipe [HERE](#)



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