

# SRC NEWSLETTER

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SKAGWAY RECREATION CENTER (SRC)

## Ugly Sweater Family Xmas Dance



Saturday  
December 16

5-8 pm

Live Holiday Music with JuanSolo

Interactive Dance Lessons with The Rec Center Team  
(Macarena, Electric Slide, Basic Salsa, The Chicken Dance, The Waltz)



Fun Prizes for the Ugliest Sweater  
(Categories include Dad, Mom, Boy, Girl, Infant)



Hot Chocolate Bar



Fun Finger Foods

Cookies & Sweet Holiday Treats



Holiday Sherbert Punch



\$5 per person

Infants under 2 are FREE!

**CLOSED**  
**Christmas Day (Dec. 25)**  
**OPEN 1-5pm**  
**Christmas Eve (Dec. 24)**  
**Day After Xmas (Dec. 26)**  
**OPEN 10am - 4pm**  
**New Year's Day**

8 servings (1 1/2 cups per serving)

Prep Time: 25 minutes Cook Time: 25 minutes

### EASY VEGETABLE SOUP

#### INGREDIENTS:

- 2 medium Yukon Gold potatoes, diced
- 1 medium onion, chopped
- 2 large carrots, chopped
- 2 large celery stalks, thinly sliced
- 8 cups chicken broth
- One 14.5-ounce can diced tomatoes, with juice
- 2 medium zucchini, chopped
- 1 1/2 cups chopped fresh green beans
- 1 cup frozen peas
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup chopped fresh basil



#### DIRECTIONS:

In a large soup pot, combine the potatoes, onion, carrots, celery and broth over medium-high heat; bring to a boil. Reduce heat to low, cover and simmer until the potatoes are just tender- about 10 minutes.

Add the tomatoes, zucchini, green beans, peas, oregano, salt and pepper. Continue to simmer until the vegetables are tender- about 10 minutes longer.

Remove the pot from heat. Top individual servings with 1 tablespoon fresh basil.

#### TIPS:

If you are preparing this recipe as GLUTEN-FREE, just be sure to use a brand of chicken broth that is known to be GF.

SOURCE: adapted from Weight Watchers One Pot Cookbook  
ENJOY!



# Stay Happy & Healthy This Holiday Season

Christmas, Hanukkah and New Years are supposed to be times of celebration, togetherness, and happiness, yet they can bring challenges to both our physical and emotional health. Here are some tips for staying healthy and happy during this season of joy.

**#1. Eat well.** It's common to pack on 5-15 pounds during the holiday season that runs between Halloween and New Year's Day, but there are ways you can eat both healthy and well. Knowing which foods are high in caloric content and low in nutrition is key. You don't have to deprive yourself of everything, but make sure what you eat is worth it for you and indulge in moderation mindfully. Eat slowly and savor the taste. There are a lot of open houses and parties in Skagway throughout the month of December so when at home make sure you are prepared with healthy choices. A great home option is to make a big pot of soup for the week that contains lots of nutritious vegetables. See recipe on front page. Soup is warming and filling and can be a great calorie saver if you focus on using bone and veggie based broths and skip the hidden calories that heavy cream, noodles, and cheese bring.



**#2. Stay active.** Exercise is just as important during the holidays as any other time of the year. Everyone should be active on a daily basis and include some form of aerobic exercise at least four to five times a week. The Rec Center has everything you need to hit this goal even when the weather outside is cold, wet, icy, and windy. Check out our December Group Fitness and Yoga Schedule!

**#3. Prevent illness and injuries.** Colds and the flu seem to be prevalent year round in Skagway so keep washing your hands regularly and urge others to do the same. Make sure you talk to your health care provider about a flu shot and possible vitamin supplementation (D, C, Lysine, Zinc, etc.). Avoid touching your face and wipe down work stations daily. Set your alarm



early each morning to make sure you are able to shovel snow, clean off your car, or sprinkle salt on icy patches to prevent accidents and injuries.

**#4. Self-Care.** Holidays can be a stressful time. You may be working, and feel the stress of managing your work duties along with additional commitments to your friends and family. You may feel the financial stress of gifts and the interpersonal stress of conflicts. Try to anticipate sources of stress and develop a plan to manage them. This may involve committing to fewer get-togethers or setting a tighter budget. Don't feel guilty; you have to take care of yourself before you can take care of others. A great way to take care of yourself is to **take Undo and Renew on Sunday afternoons from 3-4:15pm.**



This is a gentle yoga class for all levels that finishes with a restorative pose to completely reset yourself mentally and physically for the week. Get plenty of sleep and if possible treat yourself to a relaxing massage or manicure!

**#5. Help others.** Depression and suicide increase during the holidays. Watch for signs of depression among your friends and family. Take an active role to support those in need. Invite those colleagues or friends who are alone over the holidays to spend them with you. Volunteer and give to those less fortunate.

## Skagway Recreation Center (SRC)

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