

# SRC NEWSLETTER

SKAGWAY RECREATION CENTER (SRC)

VOLUME 12 ISSUE 8

AUGUST 2018

## National Senior Citizen Day

Date When Celebrated : August 21



National Senior Citizens Day honors our elderly population. On this day, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society.

In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

On **National Senior Citizens Day**, make an effort to:

- Spend some time with senior citizens
- Show your appreciation for senior citizens
- Do volunteer work in support of the elderly

If you are a senior citizen, enjoy your day any way you desire. After all, this is your day! Make sure to take advantage of senior citizens specials and discounts!

Here at the Rec Center we LOVE our elderly community and have a very special class just for Seniors to make sure they stay active! This class is every Tuesday and Thursday from 10:30am-11:15am. On Tuesday, August 21 (National Senior Citizen Day) all seniors (65 and over) are welcome to come use the Rec Center for FREE! This includes the class that was designed especially Seniors!!

Also available to Seniors is our special Senior Scholarship Program developed by the Rec Center and supported by local business donations! You don't have to wait until August 21! Get yours today!

## National Trail Mix Day

Date When Celebrated : Always August 31st



National Trail Mix Day features a high energy, tasty treat for the trail or snacks. You can buy packages of trail mix at a store, or you can make up your own using the ingredients you like best.

When you head out to a campout, a hike or to go biking, take the Trail Mix along with you. It provides the extra energy boost to keep you from getting tired and running out of energy along the trail. Don't limit trail mix to the trail. It is also good at campouts!

Here at the Rec Center we thought it would be fun to make trail mix with the kids at the After School Program on Friday, August 31st! When they arrive here after a long day of school ready to run and play they are hungry and need the energy to keep up with their friends!

### How to make Trail Mix

Use your favorite cereal, nuts, pretzels, raisins, dried fruit, M&Ms, chocolate chips, etc. mix all the food in a big, big bowl. Put the mix into sealable baggies and pass them out!

*Happy trails to you!*

## National Watermelon Day

Date When Celebrated : August 3rd



SEE REVERSE SIDE FOR  
THE AMAZING  
HEALTH BENEFITS OF  
WATERMELON!

# SRC Trail Program

Presented by the

## Skagway Recreation Center



Skagway Recreation Center is happy to announce the return of our Trail Education Program! Join us as we go on various hikes throughout the summer months in Skagway and Dyea.

- Complete some of the hikes necessary for the SRC Trail Challenge!
- Explore the nature of our town and meet new friends in the process!
- All ages are welcome to join, children 14 and under must be accompanied by an adult.
- Bring sturdy hiking shoes, a daypack, water, snacks and extra layers!

## DATES-LOCATION-TIME

### Saturday August 4

#### Lost Lake

9am: Meet at Rec Center for group ride to Dyea

### Saturday August 25

#### Denver Glacier *(Space is limited— sign up begins August 1)*

7:40am: Meet at Spring Street Platform

Registration passport and fee are required. \$25pp— All proceeds support SRC Program Fund

### Saturday September 22

#### Upper Dewey Lake *(optional overnight)*

8:30am: Meet at Rec Center if overnighing

9:00am: Meet at Lower Lake Trailhead if just hiking

For more information contact KayLynn Howard:  
907-983-2679 / k.howard@skagway.org

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## WATERMELON HEALTH BENEFITS

### 1 BOOSTS IMMUNITY

The high supply of Vitamin C found in watermelon has also been shown to help improve immune function, shorten the duration of sickness and to help the body defend against heart disease and cancer.

### 5 DETOXIFIES THE BODY

The majority of watermelon is made up of water (about 91 percent). Eating fruits and vegetables with a high water content helps the body to detox and rid itself of excess water and fluids, relieving uncomfortable bloating and swelling.

### 7 PROTECTS SKIN HEALTH

Studies have shown that watermelon's antioxidants vitamin C and vitamin A both play an important part in maintaining the health of skin, especially as someone ages.

### 2 IMPROVES HEART HEALTH

Studies have indicated that potassium intake from fruits and vegetables can positively impact blood pressure reduction in adults, which is useful in lowering the risk of stroke and heart disease.

### 8 BOOSTS EYE HEALTH

Watermelon is a great supplier of beta carotene, the form of vitamin A found in plants. It plays a role in preventing macular degeneration, the leading cause of age-related blindness.

### 3 RELIEVES MUSCLE SORENESS

Watermelon provides Vitamin C, which has been shown to protect cartilage and bones, to be used in repairing tendons and ligaments, and to help speed wound healing and scar tissue.

### 9 CAN HELP WITH WEIGHT LOSS

Watermelon is very low in calories due to its high water content, yet offers important nutrients. At only 46 calories per cup, watermelon makes a great healthy snack option or addition to a healthy smoothie.

### 4 PREVENTS KIDNEY STONES

Watermelon is a natural diuretic, meaning it helps to remove waste through increased urine production. While caffeinated drinks and alcohol also act as diuretics, they put stress on the kidneys to do so, while watermelon does not.

### 6 CAN HELP FIGHT CANCER

Watermelon is also a great supplier of antioxidants vitamin C and vitamin A, both of which help fight free radical damage and stop DNA from harmfully mutating, leading to the formation of cancerous tumors.

### 10 RELIEVES ACID REFLUX

Watermelon helps to soothe the gastrointestinal tract and helps to regulate pH levels, while also lessening inflammation and acid production throughout the body.

Dr. Axe  
FOOD IS MEDICINE

The Skagway Recreation Center

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#### FULL TIME STAFF

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#### ADVISORY BOARD MEMBERS

Cory Nelson Mary Thole Jason Verhaege

Casey Sheridan Jamie Lawson

Jay Burnham, Ex Officio



GIRL SCOUTS

## GIRL SCOUT CAMP

Skagway Recreation Center

AUGUST 6-10

10AM-5PM

Please show up at 9:30am  
Monday August 6 to register!