

SRC NEWSLETTER

VOLUME 12 ISSUE 10

OCTOBER 2018

SKAGWAY RECREATION CENTER (SRC)



HALLOWEEN CARNIVAL

Saturday

October 27

2-4pm

Spine-tingling Contests & Really GREAT Prizes:

- Costume Contests for Spookiest, Most Enchanting, Most Heroic, Best Homemade, and Most Original.
- People's Choice Award Coloring Contest (pick up your coloring form at the Rec Center and bring it with you the day of the carnival!
- Swing at the Piñatas for sweet treats and more prizes!
- Cake Walk Cakes, cupcakes, cookies and candies are needed! Please bring your donation to the Rec Center between 10 am and 2pm on Saturday, October 27th

And much more!

Cost: \$5 per child

Infants (0-2) are FREE!

Fall Festival in Skagway Rec Center Events

October 19-21

Friday, Oct. 19

SpinYoga 9-10:15am

Group Cycling 12-12:45pm

Saturday, Oct. 20

Mat Pilates 10:30-11:20am

Bouncy House Playtime 1-3pm

Hatha Yoga 3-4:15pm

Sunday, Oct. 21

Gentle/Rest. Yoga 3-4:15pm

Special Felting Class NOON-5pm

w. Cori Giacomazzi- See Fall Fest Calendar



Open 5:30am-9pm

Thursday, October 18

Alaska Day

7:30-8:20 AM: Mat Pilates

9:00-10:15 AM: Vinyasa L2-3

10:30-11:15 AM: Senior Fitness

5:30-6:20 PM: Group Cycling

5:45-7:00 PM: Restorative Yoga

The 30 day challenge... getting back to the basics.

At the start of October I always feel a certain amount of relief as the nights grow longer and our town begins to slow down. The energy in the air seems to transform overnight into a comforting pace with the promise of more time to focus on personal development and self-care.

Granted, while we all enjoy the opportunity and abundance the summer season in Skagway brings, after 5 months of erratic work schedules, late nights, early mornings, and rich restaurant food most of us are ready for autumn. For Skagway, this is the time of year when we are able to restore our energy and return to a healthy routine that brings balance back into our lives.



A great way to get started is to take on a 30 day challenge that focuses on doing something healthy for yourself. It does not have to be a big drastic commitment that you begin to dread after doing for only one week. Instead of setting yourself up for failure, set yourself up for success. Make your goal small, attainable, and highly enjoyable. Make it something you look forward to doing. Make it something that offers you nourishment on a mental, physical emotional and spiritual level. Try taking a yoga class 4, 5, 6 or even 7 days a week!

You truly have nothing to lose and everything to gain by doing this. It's only 30 days and the options are endless! Whether it involves art, exercise, meditation, food, family, or friends, figure out what you need right now and set your intention for October.

Katherine Nelson, Director

Ingredients

COOKIES:

1 cup butter, softened
2/3 cup packed brown sugar
1/3 cup sugar
1 large egg
1 teaspoon vanilla extract
1 cup canned pumpkin
2 cups gluten free baking flour
1-1/2 teaspoons ground cinnamon
1 teaspoon baking soda
1/2 teaspoon salt
1/4 teaspoon baking powder
1 cup chopped walnuts optional

FROSTING:

1/4 cup butter, softened
4 ounces cream cheese, softened
2 cups confectioners' sugar
1-1/2 teaspoons vanilla extract



Directions

In a large bowl, cream butter and sugars until light and fluffy. Beat in egg and vanilla. Add pumpkin; mix well. Combine the flour, cinnamon, baking soda, salt and baking powder; gradually add to creamed mixture and mix well. Stir in walnuts.

Drop by rounded tablespoonfuls 2 in. apart onto greased baking sheets. Bake at 350° for 8-10 minutes or until edges are lightly browned. Remove to wire racks to cool completely.

In a small bowl, beat the frosting ingredients until light and fluffy. Frost cookies. Store in an airtight container in the refrigerator.

Nutrition Facts

1 each: 125 calories, 7g fat (4g saturated fat), 20mg cholesterol, 97mg sodium, 14g carbohydrate (9g sugars, 1g fiber), 2g protein

The Skagway Recreation Center

PO Box 868 Skagway, AK 99840

907.983.2679 reccenter@skagway.org

www.skagwayrecreation.org

STAFF

Katherine J. Nelson, Director

k.nelson@skagway.org

Jeanne Tyson, Recreation Worker I

j.tyson@skagway.org

Therese Masellis, Recreation Worker I

t.masellis@skagway.org

KayLynn Howard, Recreation Worker II

K.howard@skagway.org

Emily Sheridan, Recreation Attendant

e.sheridan@skagway.org

Racheal Hall, Rec. Worker II (seasonal)

r.hall@skagway.org

ADVISORY BOARD MEMBERS

Cory Nelson Mary Thole Jason Verhaege

Casey Sheridan Jamie Lawson

Jay Burnham, Ex Officio