

SRC NEWSLETTER

VOLUME 11 | ISSUE 12

DECEMBER 2018

SKAGWAY RECREATION CENTER (SRC)

Rec Center Holiday (Free) Events

Holiday Ornaments

Handmade Ornaments for the SRC Tree

December 3: Grade K-2 3:30-5 p.m.

December 4: Grade 3-6: 3:30-5 p.m.

Xmas Tree Decorating

December 5: Grade K-6 3:30-5 p.m.

Holiday Gift Making

Handmade Gifts for Gift Giving

December 12: Grade K-2 3:30-5 p.m.

December 13: Grade 3-6: 3:30-5 p.m.

Holiday Party

Decorate Cookies & Gift Exchange

December 19: Grade K-6 3:30-5 p.m.

Vision Boards

Dear Santa Collage

December 20: Grade K-6 3:30-5 p.m.

Relax into Winter-Restorative Yoga

December 20: 5:45-7:45 p.m.

Family Bouncy House & Holiday Ice Skating

Christmas Music & Potluck- Free

December 22: 11 a.m.—3 p.m.

Rock Climbing

December 27: Grade K-6 3:30-5 p.m.

Group Cycling

December 28: 12-12:45 p.m.

Vision Boards-Teens & Adults

New Year Intentions & Potluck

December 29: 12—3 p.m.

Ondo & Renew-Gentle Yoga w. Restorative

December 30: 3 -4:15 p.m.

HOLIDAY HOURS

Santa Train (December 8)

CLOSED

Xmas Eve (December 24)

5:30-5:30

Xmas (December 25)

CLOSED

Boxing Day (December 26)

10-3

New Year's Eve (December 31)

5:30-5:30

New Year's Day (January 1)

10-3

<https://smile.amazon.com/>

While it is important to shop local this holiday season there are items that we just can't get right here in town. So if you are an Amazon shopper please use AmazonSmile to support your favorite charitable organization every time you shop. At no cost to you Amazon will donate a portion of the purchase price to charity! You can choose from over one million organizations to support. In fact PAWS AND CLAWS our local animal shelter is one of them. So if you can't shop local at least donate local!



To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile.

On your first visit to AmazonSmile smile.amazon.com, you need to select a charitable organization that will receive donations from your eligible purchases before you begin shopping. We will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

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 with 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. 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 restorative poses 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.

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 Verhaeghe

Casey Sheridan Jamie Lawson

Jay Burnham, Ex Officio