

# SRC NEWSLETTER

VOLUME 13 ISSUE 12

DECEMBER 2019

SKAGWAY RECREATION CENTER (SRC)

## Myofascial Release

*Self Release Techniques w. Katherine*

4:30pm-5:15pm

Sunday, December 1

*Space Limited to 10 Participants Please sign up at front desk.*

## Relax Into Winter

*Candlelight Restorative w. Jeanne*

5:30pm-7pm

Thursday, December 19

*Space Limited to 12 Participants Please sign up at front desk.*

## Family Ice Skating

*Non Supervised-Skate Shed OPEN*

11am-2pm (Free Hot Chocolate)

Saturday, December 21

*WEATHER DEPENDING OF COURSE!*

## Vision Board Potluck

*New Year Intentions w. Lisa*

11am-2pm (Coffee and Tea Service)

Saturday, December 28

*PLEASE BRING A DISH TO PASS*

## Self Care Sunday

& ONE DAY OPTIONAL CLEANSE

**W/ KATHERINE**

11AM-1PM

SUNDAY, DECEMBER 29

SKAGWAY REC CENTER YOGA ROOM

MELT AWAY HOLIDAY STRESS

GET READY FOR THE NEW YEAR

FOCUS ON FEELING YOUR BEST

40min. Yoga: All Level Back/Hip Focus

20min. Myofascial Self Release Work

25min. Organic Face Mask w. Restorative

10min. Gua Sha Face Massage w. Jade Stone

25min. Organic Hand/Foot Scrub w. Restorative

Organic Green Goddess Juice

(made with spinach, kale, cucumber, celery, & parsley)

**Cost: \$30 PER PERSON**

- LIMITED TO 8 PARTICIPANTS
- MUST REGISTER BY DECEMBER 20
- ALL KNOWN ALLERGIES MUST BE INDICATED AT REGISTRATION
- INFORMATION FOR CLEANSE OPTION WILL BE PROVIDED

Lets Do This!

# Stay Happy & Healthy

## This Holiday Season

by Katherine Nelson

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 you alarm early each day

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. Get plenty of sleep and if possible treat yourself to a relaxing massage!

**#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

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