



HAPPY JANUARY BIRTHDAYS...

- | | | | |
|---|---|--|--|
| 1 - Janice Goodbrod
Adeline Isert
Eilean Larson
Shirley Mitts
Judy Pyle
Bill Reinert
Nancy Swearingen | 9 - Jackie Canal
Betty Fontana
Bob Letvinchuck
Robert Martin | 17 - Andrea Dougan
Barbara Ketley
Janel Law
Lynn McIntire
George Palmer
Larry Russell
Sachiko Spicknall | 24 - Sandra Berry
Sarah Coombs
Jerry Heater
Jan Kaggerud
Maggie McGall
Patti Rhode
Carol Wegner |
| 2 - Vicki Esken
Mary Ann Patterson
Mary Woolsey | 10 - Doug Beacham
Dottie Bishop
Diana DiMaggio-Taylor
Christy Grant
Bambi Heuring
Shari Schroeder
Donald Siedenburg
Lane Tollen
Mary Weaver | 18 - Andre Briggs
Kathy Carstens
Patsene Cline
Bruce Gibbs
Richard Pollett
Richard Villalores | 25 - C. Brent Howell
Linda Jephson
Debra Kendrick
Gloria Keyser
Joseph Mello
Linda Morgan-Smutko
Cynthia Rosik
Gene Scibelli
Daniel Treinen
Jocelyn Voorhies
Amber Watkins |
| 3 - Victoria Jones
La Lilienthal
Margaret Pulaski | 11 - Gail Jones
Ellen McClure
Barbara Siegle
Paula Tessen | 19 - Charles Anglin
Mike Mull
Charles Rund | 26 - Viola Moore
Nina Rogers |
| 4 - Wanda Davies
Rae Holt
Theresa Jessup
James Rookwood
JoAnne Seutter | 12 - Beverly Baca
Delroy Kiser, Jr.
Judith Putnam
Phyllis Rice | 20 - Elizabeth Barrow
Lucie Griffin
Donna Lalk
Robert Schaffer | 27 - Elaine Autry
Emajeane Carter
Teena Lavette
Leota Love
Patricia Shipley
Barbara Stearns |
| 5 - James Finley
Donna Robinson
Marvin Vickoren | 13 - Jackie Alcock
Janis Amescua
Roger Bowers
Deborrah Dunham
Glen Nugent | 21 - Charlotte Ashley
Joe Browell
Carol Cohen
Lani Amberg
Deanna Hammer
Pauline Osborne
Terri Selig
Mary Anne Wales | 28 - Tom Corso
Lori Worden |
| 6 - Karen Houseman
Lynda Tyler | 14 - Linda Morse | 22 - Wilma Christian
Karen Haggard
Bill Herzog
Joan Leith
Carolyn Lillvik
Ella Vavrock
James Williford | 29 - Patricia Doney
Theo Hicks
Harold Little |
| 7 - Carol Harris
Carol Pomes
Steve Williston | 15 - Retha Brooks
Kathy Sprick | | 30 - Janet Boucher
Cindy Boyle
Arlene Kinsey |
| 8 - Gary Bluhm
Carolyn DeMersseman
Janice Joham
Marion Kelly
C. Joan Nelson
Alice Powner
Pat Stevens
Jim Stout | 16 - Hugh Awbrey
Buford Heriman
Eunice Olson | | 31 - Mike Porzio
Melody Turner |



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS
OF THE GRANTS PASS YMCA

JANUARY 2012

HAPPY NEW YEAR

In This Issue:

HEALTHY LIVING	2
TOP 10 NEW YEAR'S RESOLUTIONS	2
RECIPE - ZUCCHINI BREAD	3
WORKOUT BUDDY PROGRAM	3
JANUARY BIRTHDAYS	4

CIVIL WAR BASKETBALL GAME on January 29th 11:15am - 8:30pm

Our January trip is to the University of Oregon vs Oregon State Civil War Basketball Game at Matthew Knight Arena. Come with us dressed in your favorite team colors and have a fan-tastic time at the game. After the game, we will stop for a quick bite to eat in Cottage Grove.



Bring a lunch, water, and snacks.

Also, bring money for any food or souvenirs at the game and for dinner on the way home.

*Please note that U of O does not allow any food or beverages into the arena.

Members: \$50

Non-Members: \$70

Registration deadline is
January 15, 2012.

Limited to 17 participants.

Information

YMCA Hours:
Monday - Friday:
5:00 am - 9:00 pm
Saturday:
8:00 am - 5:00 pm
Sunday:
12:00 pm - 5:00 pm
Contact Us:
1000 Redwood Ave
PO Box 5439
Grants Pass, OR 97527
(541) 474-0001
www.grantspassymca.org



~ TO RECEIVE THIS PUBLICATION ELECTRONICALLY,
SIGN UP AT THE FRONT COUNTER ~

HEALTHY LIVING ~ MAKING HEALTHY SUBSTITUTIONS FOR BAKING

Add Fiber.....

- * Double the amount of veggies and/or legumes in stir-fries, casseroles, soups, stews, and salads to help fill you up.
- * Switch to whole grain pasta, rice, and grains.
- * Mix oatmeal or other cereal into burgers and meatballs.
- * Crush high-fiber cereals, such as Fiber One, to coat chicken breasts and fish fillets or use as a topping for baked dishes like casseroles or muffins.
- * Replace half the amount of all-purpose flour with whole wheat flour when baking.

*"Here is the test
to find whether
your mission on
earth is finished:
If you're alive,
it isn't."*

—Richard Bach

<http://www.eatbetteramerica.com/diet-nutrition/cooking-techniques/healthy-substitutions.aspx>

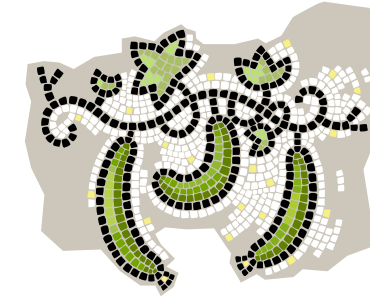
Top 10 New Year's Resolutions

1. Stop Smoking.
2. Get into a Habit of Being Fit.
3. Lose Weight—the Battle of the Bulge.
4. Enjoy Life More.
5. Quit Drinking.
6. Organize Yourself.
7. Learn Something New.
8. Get Out of Debt.
9. Spend More Time with Family.
10. Help People.



RECIPE ~ ZUCCHINI BREAD

- 3 cups flour
- 1 tsp salt
- 1 tsp baking soda
- 1/2 tsp baking powder
- 3 tsp cinnamon
- 2 eggs
- 1 cup oil
- 2 cups sugar
- 2 cups grated zucchini
- 3 tsp vanilla



Sift dry ingredients together and set aside. Beat eggs; add oil and sugar and beat well. Add zucchini and vanilla. Fold in dry ingredients. Pour into two well-greased loaf pans. Bake at 350 degrees for 1 hour or until toothpick comes out clean.

A happy New Year! Grant that I
May bring no tear to any eye
When this New Year in time
shall end
Let it be said I've played the
friend,
Have lived and loved and
labored here,
And made of it a happy year.

~Edgar Guest

Workout Buddy Program ~ Are You Looking for a Workout Partner?

Benefits of a Workout Partner:

- Have Fun!
- Create a Healthy Workout Routine
- Be Accountable
- Develop Healthy Habits and Lifelong Friendships

Pick up, complete, and return your Workout Buddy Questionnaire to the Member Services Desk, and you will be contacted with potential workout buddies.

