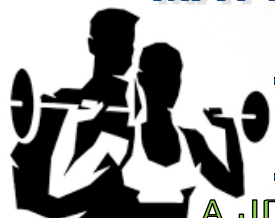


BFC HOURS
Monday—Friday
5:00 a.m. to 9 p.m.
Saturday
7:30 a.m. to 5 p.m.
Sunday
1—5 p.m.
Phone: 402-729-6139
Website:
JCHhealthandlife.org

MAY 2020

JEFFERSON COMMUNITY
Health & Life
BURKLEY FITNESS CENTER

**Be Active. Be Healthy
Be A Better You**



Fit For Life

A JCH&L Burkley Fitness Center Publication

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Vol. 24—Issue 5

EARLY POOL MAINTENANCE

Due to the Coronavirus shut down of the Burkley Fitness Center, the previously scheduled annual pool/spa maintenance for late summer is now under way. "It just makes sense to do it now so we don't have to close the pool (again) to our members in



August. It's an inconvenience to our members that we can avoid," said BFC Director, Craig Bontrager. The pool deck is being repainted along with areas inside the pool itself. Completion of maintenance for the pool and spa is scheduled for the beginning of May. Our staff is working hard on this and several other projects throughout the facility.



By Jackie Wesch—CPT/BFC Supervisor

I hope this newsletter finds everyone healthy and somewhat sane. If you're like me, it's not hard to go a little stir crazy under the current circumstances. I certainly never thought that I would see a pandemic during my lifetime. Yes, this is a very trying time with a virus that is very contagious but we will get through this and hopefully start appreciating all the conveniences we have in our lives a little bit more. I know I already do.

It's very important to get proper nutrition and hydration during this time. I know many of you are probably heading for the grains and canned foods at the grocery store but now is a great time to buy fresh produce. Canned goods usually have a lot of added ingredients—like salt and sugar—that you should really try and avoid. Fresh produce can be eaten right away or cut up and put in the freezer. And even though alcohol of some sort may seem to be the answer right now, water is still your best source of hydration!

MEMORIAL DAY

If COVID regulations allow and we are able to open the Burkley Fitness Center in May, we will be open Memorial Day from 5 a.m. until 5 p.m. If we are open, normal hours will resume on Tuesday, May 26.

Have a safe and enjoyable holiday!



I also hope you all have kept moving and are staying fit. Online videos are all the rage now and they are accessible to almost anyone so there is no excuse for not exercising. Getting outdoors to walk or ride a bike is not only beneficial to your physical health but it's great for your mental health and managing your stress as well. I have found that yoga and meditation are great tools for relieving anxiety. I am also trying not to over-expose myself to news and all the chaos it creates.

It's not easy being cooped up, away from family and friends but it's doable. We all look forward to seeing you here at the Fitness Center again. Please stay updated on our re-opening schedule by checking the JCH&L webpage and our Facebook page.

Hope to see you soon!

**SMILES ARE CONTAGIOUS TOO!
EVEN IF THEY ARE BEHIND YOUR MASK.**

UPDATE YOUR MEMBERSHIP INFORMATION

In order for the BFC to serve its members to the best of our abilities, we occasionally need to update our membership files. If you have recently changed your phone number (cell phone included) or address, please let us know as soon as possible. Also, if you have an email address, please email Diane at diane.kujath@jchealthandlife.org so we can add it to your membership file. We appreciate your cooperation and look forward to seeing all of you again.



CHANGE SERVICE REQUESTED

Recipe of the Month: **Asian Beef and Noodles**

If you like Chinese food you will love this easy to make skillet dinner. It's fast and easy, delicious and feeds the whole family. If you're lucky, you may have left overs

Ingredients:

1 beef top sirloin steak (1 lb) cut into 1/4 inch thick strips
6 TB reduced sodium teriyaki sauce, divided
2 TB canola oil, divided
1 med. Onion, halved and thinly sliced

8 oz uncooked whole grain thin spaghetti
3 cups broccoli coleslaw mix
Chopped fresh cilantro, optional

Instructions:

1. Toss beef with 2 TB teriyaki sauce. Cook spaghetti according to package directions; drain
2. In a large skillet, heat 1 TB oil over medium-high heat; stir fry beef until browned, 1-3 minutes. Remove from pan.
3. In same skillet, heat remaining oil over medium-high heat; stir fry coleslaw mix and onion until crisp/tender, 3-5 minutes. Add spaghetti and remaining teriyaki sauce; toss and heat through. Stir in beef. If desired, sprinkle with cilantro.

