

### BFC HOURS

**Monday—Friday**

5:00 a.m. to 9 p.m.

**Saturday**

7:00 a.m. to 5 p.m.

**Sunday**

1—5 p.m.

**Phone:** 402-729-6139

**Website:**

October 2021

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



Follow us on Twitter & Facebook

Vol. 25—Issue 10

## ONE FINAL WORD

### BFC Director Leaves JCH&L

By Craig Bontrager—BFC Director

For the past 19 plus years, it has been my honor and privilege to serve the great Fairbury community as the Burkley Fitness Center director. We have seen great growth in our memberships and many success stories from people who have improved their lives through wellness education and regular exercise. I have resigned from my position and my last day will be October 14.

My wife Karen and I have purchased the 'Main Street Market' in my hometown of Milford. The market is a grocery store that hosts a Deli, and special locally made items such as food, chocolates, and candies with a country and Mennonite theme. As much as I have enjoyed Fairbury, I have looked for an opportunity to work in my hometown for many years. This is a once in a lifetime opportunity for me and my family so we are going for it.

The 11 years that we hosted the Fairbury Adventure Race and the many other special events, all have very special memories for me going forward. I will mostly miss the wonderful relationships I have with our awesome members, my fellow employees, and the Fairbury area citizens. Those relationships do not have to end, they will just change a bit and you will now have an excuse to take an occasional road trip to Milford to visit. Everyone is welcome anytime.

JCH&L is a great place to work and make a career. I am confident that the next director will be a wonderful asset to the hospital and all of Jefferson County. The next director will have their own way of doing things but I know you will welcome them with open arms as they work to take the Fitness Center into the future.

Again, thank-you for all the awesome experiences, relationships, adventures, and conversations. I value all of you and will hold all of you dear to me as my family and I move on to this next stage of our lives.  
God Bless You all



**MOVING ON IS A SIMPLE THING  
WHAT IT LEAVES BEHIND IS HARD**

## Family Martial Arts

Beginning this month, BFC will once again be offering martial arts classes. Initially, there will be one kids class (age 4 to 15) and one adult class (age 16 and up). Class sizes are limited with duration of classes depending on size and age of group. Additional classes may be added depending on the number of students registered.



**Registration is required. There will be a class fee payable to the instructor.**

Students will learn self-defense, balance, flexibility, self-confidence and much more.

The instructor for this class is Neil Stroklund. He has more than 20 years of experience teaching martial arts.

Classes will held on Mondays and Thursdays, with a start date of Oct. 4. The Kids Martial arts will begin at 6:30 p.m. with the adult class following at 7:15 p.m.

For more information and to register for this class, contact the Burkley Fitness Center at 402-729-6139.

## Existing Members

Due to the high volume of memberships, we are asking that all existing members to please:

1. Notify the BFC if your address changes.
2. Inform us if you want your membership frozen or unfrozen. (This is for non-bank draft members only).
3. Always check-in at the front desk after being screened.

We thank you for your cooperation on all of these issues.

## Trivia Winner

September was our last month for the trivia contest and the winner was Joleen Kuhl. Answers for last months' challenge were: Mondays and the treadmills. We want to thank everyone who participated in all of our trivia contests over the past few months. It's been fun reflecting back into the past 25 years.



CHANGE SERVICE REQUESTED

## Recipe of the Month: **Healthy 5 Ingredient Granola Bars**

Healthy, no-bake granola bars with just 5 ingredients and a sweet, crunchy texture. Peanut Butter and maple syrup complement each other perfectly in this ideal portable breakfast. Perfect for snacks or school lunch boxes!

### **Ingredients:**

1 heaping cup packed dates	1/4 cup maple syrup or agave nectar (or honey if not vegan)
1/4 cup creamy natural peanut butter or almond butter	1 1/2 cups rolled oats
1 cup roasted unsalted almonds, loosely chopped)	Chocolate chips, dried fruit, nuts, etc. (optional additions)

### **Directions:**

1. Process dates in food processor until small bits remain (about 1 minute). It should form a “dough” like consistency.
2. **Optional step:** Toast your oats (and almonds if raw) in a 350 degree oven for 10 to 15 minutes or until slightly golden brown. Otherwise, leave them raw—most prefer the toasted flavor.
3. Place oats, almonds, and dates (and any optional additions) in a large mixing bowl—set aside.
4. Warm maple syrup (or agave or honey) and peanut butter in a small saucepan over low heat. Stir and pour over oat mixture and then mix, breaking up the dates to disperse throughout.
5. Once thoroughly mixed, transfer to an 8x8 inch baking dish or other small pan lined with plastic wrap or parchment paper so they lift out easily. Press down firmly until uniformly flattened. (A drinking glass works well to really pack the bars, when helps them hold together better).
6. Cover with parchment or plastic wrap and let firm up in the fridge or freezer for 15 to 20 minutes.
7. Remove bars from pan and cut into 10 even bars. Store in an airtight container for up to a week or freeze.

