

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:
JCHhealthandlife.org

September 2026



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. 30—Issue 9

FITNESS CENTER RENOVATION UPDATE

Renovation in the Fitness Center is underway! From Aug. 18 until about Sept. 9 crews will be tearing down the men's and women's locker rooms and sandblasting the pool and pool deck. This is only the demolition process! The finishing date for these two areas has not been determined at this time. The noise from the demolition will be elevated so we are asking members to please be tolerant of this for this short period of time. The Fitness Center will be **CLOSED** for electrical work on Thursday, Sept. 10, and Friday, Sept. 11. We will be open regular hours on Saturday, Sept. 12.

The Activities court will also remain closed until further notice.

Please keep updated on this project by reading the "BFC Renovation Updates" white board inside the fitness center and by visiting our website at

<https://www.jchealthandlife.org/care-services/burkley-fitness-center/>

Again, we appreciate your patience and understanding during this renovation project.



LABOR DAY HOURS

The Burkley Fitness Center will be **OPEN** on
Labor Day, Monday, Sept. 7

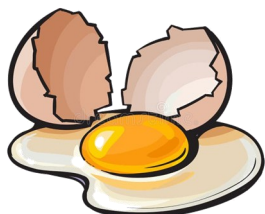
Hours: 6 a.m. to 2 p.m.

HAVE A SAFE AND HAPPY HOLIDAY!



Did you know... eggs are one of the healthiest foods you can eat? Eggs have been unfairly demonized because their yolks are high in cholesterol. However, studies show that cholesterol from eggs doesn't raise blood cholesterol in the majority of people. New studies that include hundreds of thousands of people show that eggs have no effect on heart disease in otherwise health individuals.

One large whole chicken egg contains 70 to 80 calories, 6 grams of high-quality protein, 5 grams of total fat and less than 1 gram of carbohydrates. They are a complete protein source containing all 9 essential amino acids! And if it's protein you want and no fat, the egg white contains roughly 17 calories, 4 grams of protein and 0 grams of fat. Crack one open with **NO GUILT!**



THE BFC 30th ANNIVERSARY CELEBRATION

The BFC opened its doors 30 YEARS AGO this month! We will be celebrating our anniversary in various ways for the entire month of September! We will have challenges for our special T-shirt and gym bag giveaways. Details will be posted in the Fitness Center on these challenges.

We will also be giving away different types of memberships. This will include 1 month credit, 3 month credit, and 6 month credit. Winners will be able to use this credit to pay an upcoming bill or expand their membership by the specified time. Punch card users can win a full membership! Members wanting to participate in this will simply put their name in a box every time they work out at the Fitness Center from Sept. 1 to Sept. 26. Drawing will be held on Sept. 27.

On Sept. 27, we will have a rock climbing wall outside of the Fitness Center! The rock wall will be **FREE** and will be here from 1 to 5 p.m. A trained Rockit Event Pros staff member will be on hand to help get participants set up safely.

Look for more details on our 30TH ANNIVERSARY CELEBRATION in the Fitness Center and come celebrate with us. We want to thank all of our members for their support throughout the years and plan to offer our great facility for many years to come!

LET'S CELEBRATE!



CHANGE SERVICE REQUESTED

Recipe of the Month: **Apple Cinnamon Oat Pancakes**

It's APPLE season and these healthy apple pancakes will give you a reason to get up in the morning!

Ingredients:

1 c rolled oats	1/2 c white whole wheat flour	1 tsp baking powder	1/4 tsp baking soda
1 tsp cinnamon	1/2 tsp nutmeg	1/4 tsp salt	1 large egg
1 1/4 c seltzer or soda water (or milk)	1 tsp vanilla	1 c grated apples	

Topping:

1 tsp coconut oil or neutral flavored oil	1 small diced apple	1/2 tsp cinnamon
1 TB water (or as needed)	1-2 TB maple syrup (optional)	

Directions:

1. Heat a large skillet or griddle to 325 degrees or med/low heat. Lightly grease with coconut oil or cooking spray if necessary.
2. Mix dry ingredients in a large bowl. Add egg, soda or milk, and vanilla to dry ingredients and mix until just combined. Gently stir in grated apple.
3. Pour 1/4 c batter for each pancake onto preheated grill/skillet. Cook until bubbles form in the top and the bottom is slightly browned. Flip and continue to cook until done.

Topping Directions: Heat coconut oil in saucepan over low heat. Add remaining ingredients and cook, stirring occasionally, until apples are soft, about 10 min. Add more water if needed to keep the apples from sticking. Serve pancakes with apple topping and/or maple syrup.

*Lively Table