



JRD Newsletter November 2017

A Touch of Thanksgiving Humor.....

Nothing helps the abs more than laughter!!!

Spot the Big Turkey

A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked the stock boy, 'Do these turkeys get any bigger?'

The stock boy answered, 'No ma'am, they're dead.'

Special Dates of Interest:

- Turkey Trot—
Thanksgiving Day
8:00 am,
Breakfast served!!
Volunteers
needed!



🕒 A young woman is preparing her first thanksgiving dinner. As she gets everything ready for Thanksgiving day, she very sternly reminds herself to let the turkey finish thawing in the sink overnight. She puts it in

and places the dishrack over the top of the bird. Her husband walks into the kitchen and sees this. "Why are you doing that?" he asks. "My mom always did that to help the turkey thaw," she told him. The next day Mom calls to see how everything is going. "Fine, Ma. I have everything

"Why the silence?"



ready to go in the oven. I even remembered to put the rack over the turkey last night." "This seemed to confuse her mother a bit. "What are you talking about?" she asked. "Oh, I remember you always put the dish rack over the turkey when it was thawing in the sink," she said. There was a pause on the

end of the line. "Yes, but honey, we had cats!"



The Turkey, the Parrot and the In-laws

🕒 Martha had a parrot called Brutus, the only problem was that Brutus cussed something awful. Now Martha was having her in-laws over for Thanksgiving, and so she needed to train Brutus quickly not to swear.

Just before her Mother-in-law was due Brutus cussed terribly, so Martha but him in

the freezer for 2 minutes to literally cool off. Then she opened the door and took out the parrot along with the turkey.

'And have you learned your lesson about cussing?' Martha asked the parrot.

Brutus the parrot took one look at the dead turkey and said: 'I sure have. But I have one question, "What did the turkey do?"'



True Stories from the Butterball Hotline

🍷 A first time Thanksgiving chef called the Hotline in tears. She was so proud to have thawed the turkey successfully and continued to rinse the turkey—with dish soap. The tears started flowing when the turkey wouldn't stop sudsing!!

🍷 A gentleman had won a turkey at the casino, and brought it home on the bus. He wanted to know if even though the turkey had thawed out a bit if it was still safe to eat.

🍷 After discovering a turkey from 1969 in his father's freezer, an Alabama man called to ask about the best way to cook a 30 year old bird.

🍷 A disappointed woman called wondering why her turkey had no breast meat. It became apparent that the woman's turkey was lying on the table upside down.



JRD 7th Annual Turkey Trot

November 23, 2017

Run starts at 8am

Cost: 5 cans of food or non-perishables or
a gently used coat *due at time of registration.*

Burn off those Thanksgiving calories with your friends and family. Course is a 3.64 mile run or walk along the bike path. Run starts and ends at the Jerome Recreation District. Register by Friday Nov. 17th to be guaranteed a shirt on race day. You will not receive a shirt if you register on race day. All donations go to Martha and Mary Food Pantry.

Kiwanis
Coats for
Kids.



Register online , in our
office or mail your
registration and
liability waiver to:

Jerome Recreation District
2032 South Lincoln
Jerome, Idaho
208-324-3389

**Volunteers wanted to
help on race day!!
Contact Amy at
208-324-3389!**

The Turkey Trot tradition goes back to 1896, when America's first Thanksgiving Day race was held in Buffalo, NY. The YMCA Turkey Trot celebrates its 122th anniversary in 2017, making it the oldest footrace in the U.S.—five months older than the more famous Boston Marathon. The 8K run has grown from just six men (women didn't participate until 1972) to a sold-out field of 14,000 runners and walkers.





Thanksgiving Day Celebration

With the JRD

Open 6-10 am

Classes:

Spinning 6 am

CrossFit 7 am

Turkey Trot 8 am



Free Nutrition Classes



All ages welcome!
Spanish will be offered
Classes held at the Jerome Recreation District

October

**Wednesday October 18, 2017
6:30pm-7:30pm**

The Basics of Diabetes & Sugar- Come learn the basic components of foods; fats, proteins, and carbohydrates. Then we'll explore how these components affect blood sugar. The goal for this class is that you will be able to identify what foods directly affect blood sugars.

November

**Wednesday November 15, 2017
6:30pm-7:30pm**

Meal Plans- Learn to plan meals based on your individual needs. This class will explore how to reach appropriate calorie levels without going "crazy". Explore basic nutritional methods for improved nutrition and weight loss.

December

**Wednesday December 13, 2017
6:30pm-7:30pm**

Improving your Health- After all a healthy diet is a healthy diet whether you diabetic or not! First a discussion about non-food factors that affect blood sugar. Next, a short 10 min. exercise class with Amy Worthington. Be prepared to do a few exercises, focusing on exercise for those over 60 years. Finally a demonstration on how to modify your own home recipes for improved health with taste testing!

Jerome Recreation District 2032 S. Lincoln Jerome, Idaho 83338

Jack Quesadillas with Cranberry Salsa

1 c. whole berry cranberry sauce

1/4 c. chopped fresh cilantro

1/4 c. plus 2 T. chopped green onions

1 T fresh lime juice

1/2 tsp. cumin

1 pear, cored and finely diced

1 jalapeno pepper, seeded and minced

Combine the cranberry sauce, cilantro, 2 T. green onions, lime juice, cumin, pear, and jalapeno to make salsa. Cover and chill.

To prepare quesadillas, heat large nonstick skillet over medium high heat. Coat pan with cooking spray. Add 1/4 c. green onions to pan. Saute 3 minutes or until tender. Remove onions from pan.

Reduce heat to medium. Sprinkle 2 T. cheese over each of 4 tortillas. Top each cheese covered tortilla with 1/4 of the sauted onions, 1/2 c. turkey,

2 T. cheese and 1 tortilla. Recoat pan with cooking spray. Add 1 quesadilla to pan. Cook 2 minutes each side or until lightly browned and cheese melts. Repeat. Serve with cranberry salsa and sour cream.

1 c. Pepper jack cheese, shredded

8 flour tortillas (8 inch)

2 c. chopped cooked turkey

1/2 c. sour cream



Moroccan Turkey Salad

2 c. cooked rice

2 c. shredded cooked turkey

2 c. shredded carrots

1/4 c. chopped green onions

1/4 c. chopped Kalamata olives

1/4 c. chicken broth

1/3 c. orange juice

2 T. lemon juice

2 T. chopped fresh mint AND cilantro

2 tsp. olive oil

1/2 tsp. cinnamon

1/8 tsp. cayenne pepper

Combine the rice, turkey, carrots, onions, and olives in a bowl. Whisk together the broth, orange juice, lemon juice, mint, cilantro, oil, cinnamon, cayenne, and salt and pepper to taste in another bowl. Toss dressing with rice mixture.



TURKEY BURN

AT-HOME WORKOUT

Perform 3 rounds of each "course" with a "Turkey Burn" cardio after the third round.

Appetizer:

Narrow Squat x 15

Push-ups X 10

Side lunges x 15 each side

TURKEY BURN: 1 min jumping jack

Entree:

Wide Squat x 15

Mt. Climbers - 30 seconds

Plank Push-Up x 18

TURKEY BURN: 1 min jumping jack + 1 min tuck jump

Dessert:

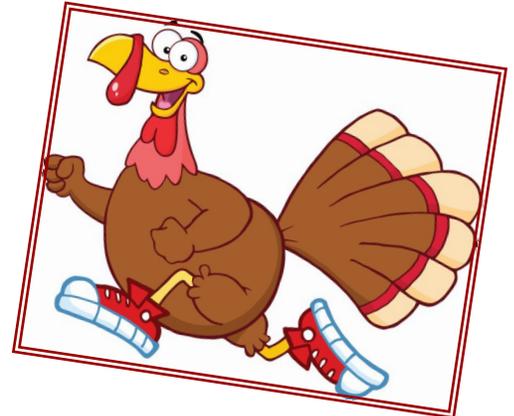
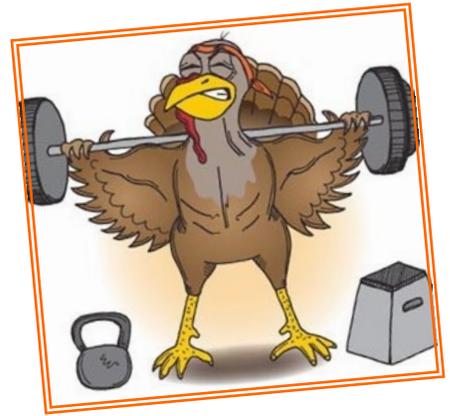
Burpees x 12

Tricep Chair Dips x 20

Back lunges x 15 each side

TURKEY BURN: 1 min jumping jack + 1 min tuck jump +
1 min plank

WWW.FIT2FLEX.COM



How Much Exercise Does It Take to Burn Off Those Thanksgiving Day Calories?

6 OUNCES OF TURKEY 340 CALORIES		→	TURKEY TROT 5K 30 MINUTE RUN	
MASHED POTATOES & GRAVY 300 CALORIES		→	BURPEES 60 SETS OF 10 BURPEES	
HALF CUP OF STUFFING 180 CALORIES		→	PILATES 30 MINUTES	
CRANBERRY SAUCE 150 CALORIES		→	STAIRMASTER (MODERATE) 20 MINUTES	
ROLL WITH BUTTER 180 CALORIES		→	PUSHUPS 18 SETS OF 20 PUSHUPS	
PIECE OF PUMPKIN PIE 180 CALORIES		→	ELLIPTICAL TRAINER (MODERATE) 20 MINUTES	



Total=
1330 Calories

ACTIVE



Total=
148 Minutes!

Simple Ways To Have A Healthier Thanksgiving



One of the most difficult times of the year for those trying to lose or maintain current weight is the holiday season. While the holidays are a time to get together with family and friends, every party and gathering is also an excuse to take a holiday from your healthy eating habits. A cookie here, a chocolate there, washed down with some egg nog, and before you know it your pants are too tight.

The good news is that with a little foresight, those holiday pounds can be easily avoided while still enjoying the holiday season.

To start off, here are tips for getting through Thanksgiving:

- Start the feast on a healthy — and filling — note. Instead of caloric dips and fatty appetizers, have low-calorie pre-dinner munchies available during food preparation and pre-dinner socializing.
- Place bowls of different-colored veggies without sauces on the table first, either at the start of the buffet or as the first dishes passed around the table. That will allow people to cover a good portion of their plates with healthier choices before serving calorie-denser foods like stuffing and mashed potatoes.
- Serve salad as a first course. Go heavy on greens, light on non-veggie add-ins like cheese.
- Make the vegetable side dishes the star of the show — or at least the co-star. Try new, eye-appealing and interesting veggie recipes that pack plenty of flavor without extra calories.
- Avoid adding hidden calories during food preparation, such as adding butter to mashed white or sweet potatoes, or butter, oil or cheese to veggies.
- Sneak a few veggies into the dressing, such as diced onions, celery, leeks, shallots, carrots, even cauliflower.
- Make gravy a choice, not the default. Instead, the default serving should be turkey without gravy. If someone wants gravy, they should add it themselves.
- Be mindful of served portion sizes; someone can always ask for more.
- Get everyone up and moving before dessert. Always have plain fruit options along with

traditional choices.

- Have plenty of water on the table and readily available. Make non-caloric beverages the default option.

Holiday meals don't have to pack such a high-calorie punch. Simple makeover tips can lighten a meal and keep the taste just as good:

- Baked turkey — choose a plain bird over a self-basting bird to lower the sodium content. To ensure a moist bird, bake un-stuffed, leave the skin on while roasting and remove from the oven when internal temperature reaches 170 degrees in the breast.

- Gravy — use a gravy cup or refrigerate the pan juices (to harden the fat) and skim the fat off before making gravy. Save around 656 grams of fat per cup!

- Candied yams — leave out the margarine and marshmallows. Sweeten with a little fruit juice, such as apple and flavor with cinnamon.

- Green bean casserole — cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.

- Mashed potatoes — use skim milk, roasted garlic and a little parmesan cheese instead of whole milk and butter.

- Bread — serve smaller pieces or omit it altogether.

- Cranberry Sauce—sweeten with crushed pineapple in juice.

- The plate method — imagine your plate divided into thirds. Use the first third to fan out white meat turkey, no skin. Use the second third for salad and low-fat vegetables. Finally, the last third is for all the starches (sweet potatoes, stuffing and cranberry sauce).

Holiday Food Facts

A typical Thanksgiving meal:

Roast turkey (dark and white meat) with skin (4 oz)

Candied sweet potatoes with marshmallows (1 cup)

Green bean casserole

Jellied cranberry sauce (½ cup)

Caesar salad

Mashed potatoes with milk and butter (1 cup)

Apple pie with vanilla ice-cream

Pecan Pie

- **TOTAL CALORIES: 2,796 calories**



JRD Dance Classes

Now Enrolling.....

5:30-6:15 pm (ages 3-5) **Tiny Toes:** Fun exercises to stretch and learn dance basics (sense of movement, spatial awareness, rhythm) for tiny toes. Class will end with a fun round of improv/freestyle.

6:15-7:00 pm (ages 6-10) **Jazz Fusion One:** Basic jazz technique, flexibility, and conditioning. Cultivate stage presence and creativity. Class ends with a fun combination fusing jazz and funk/hip hop, building on the combination from the previous week.

7:00-7:45 pm (ages 11 and up) **Jazz Fusion Two:** Progressively higher level of difficulty than Jazz Fusion One with emphasis on attention to detail in choreography and synchronization. Class ends with a fun combination fusing jazz and funk/hip hop, building on the combination from the previous week.

Class structure for ages 6 and older classes is a 10 minute warm-up and stretch, 15 minutes of center/floor work, and 20 minutes of choreography. The younger 3-5 years class would warm up and stretch, do floor work, play dance games, and then freestyle at the end of class-the instructor's favorite part!

Classes for
ages 3yrs.
And up!

Cost: \$17.00 in-district

\$27.00 Out-District

Location: JRD Gym #1

Day: Tuesdays

Instructor: April Craig



208-324-3389

»Must Pre-Register because of limited class space!!

Jerome Recreation District

2032 S. Lincoln, Jerome, Idaho, 83338—jeromerecreationdistrict.com

Kid's Thankful Night!

Thursday, November 16th

6-8 pm

Ages 4 and up

\$3.00 per child

or

free with membership upgrade

Pre-register by Tuesday, November 14th

Parents get some Christmas shopping done while
your kids are at Kids Night Out!

There will be games, crafts, cooking and
too much fun for ages 4-13 years.





Make a Christmas Stocking

Date: Saturday November 4, 2017

Time: 8am-11am

Cost: \$5.00 and must supply your own supplies list below

This project is perfect for beginning sewers or for anyone who would like to work on a Christmas project away from the distractions of home. The stocking is fully lined and has a contrasting cuff. It would make a great gift or a cute addition to your Christmas home décor. Be creative! You don't have to use Christmas fabric or Christmas colors for this project to be adorable. **MUST PRE-REGISTER before Friday November 3, 2017**

What to bring:

Your sewing machine

½ yard fabric for outer stocking

½ yard fabric for lining (choose a contrasting fabric or plain muslin works fine)

Contrasting fabric for cuff (2 pieces of at least 10 in x 10 in)

Thread

Small piece of ribbon (at least 8 inches)

Button (optional)

Just for Kids

Who says you can't play with your food?

Grab some fruit or veggies.
What kind of turkey can you design? →



"Gobble" up that breakfast!!



White or dark bread on that
turkey sandwich? →



Try "stuffing" all kinds of color in your turkey
creations! ←



Fitness Classes

Obstacle Course Classes

Instructor: Darin

\$3.00 per class or free with membership upgrade

Wednesday, Nov. 1 at 7PM

Wednesday, Nov. 8 at 7PM

Saturday, Nov. 11 at 8AM

Wednesday, Nov. 15 at 7PM

Drop-in and try this class!

You will be glad you did!!





hAPPY
thANKS
gIVING

“Gratitude can transform common days into
Thanksgiving,
turn routine jobs into joy,
and change ordinary opportunities into blessings.”
— *William Arthur Ward*



©Copyright dgreetings .com

THANKSGIVING RECIPE FOR FRIENDSHIP

A GENEROUS CUP OF BLESSINGS
A TABLESPOON OF REFLECTION
A HANDFUL OF MEMORIES TOGETHER
A GOOD HELPING OF HUGS & LAUGHTER
A PINT OF TIME WITH FRIENDS & FAMILY
MIX WITH LOVE & FORGIVENESS

girlfriendology.com

sheknows



—ALAN COHEN—

“ Gratitude, like faith, is a
muscle. The more you use it,
the stronger it grows. ”



When I started counting my

blessings.

my whole life turned around.

—WILLIE NELSON

sheknows

