

In The Center

CWR @ The Fontana Center
709 Kaliste Saloom Rd.
Cafayette, CA 70508

November/December 2011
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Now Hear This!



Fitness Holiday Schedule

Holiday time is here! Please take a minute to review our Fitness Holiday Hours to assure you can keep your routine on track.

Thanksgiving:

Thursday, Nov. 24th - Closed
Friday, Nov. 25th 5am - Noon

Christmas:

Saturday, Dec. 24th 7am - Noon
Monday, Dec. 26th Closed

New Years:

Saturday, Dec. 31st 7am - Noon
Monday, Jan. 2, 2012 7am - 3pm

Gumbo and Good Times

The time has arrived for us to show our appreciation to all of you for your patronage and support over the past year. It is with gratitude that we invite you and your friend, date or mate to join us for our annual Member Appreciation Gumbo. The gumbo will be served on **Friday, December**

9th from Noon - 2:00pm in the upstairs Conference Room.

Bring a hearty appetite and join us for food and fellowship!

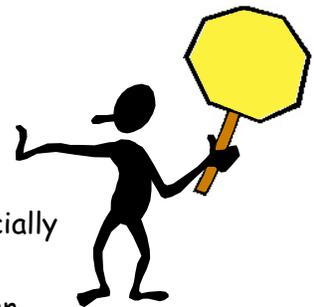


Temporary Housing

The Fontana Center will be welcoming a female Occupational Therapy student from Ridgeland, Mississippi. Our facility will be a part of her clinical rotation assignment. She will be here on a 12 week affiliation in the early part of 2012. We are assisting her in looking for temporary housing for that time. She will need a room and use of laundry and kitchen facilities for the 12 week period. Rent will be paid by the student at a rate of \$50/week. If you are willing or know of someone who might be interested in housing this student please speak to Monica or ask for Charlotte at the front desk.

Left Turn Caution

Just a reminder to be very cautious when making a left hand turn out of our parking lot onto Kaliste Saloom road. This is especially important during times of heavy traffic when crossing two lanes can become difficult. We suggest taking five extra minutes to make a right turn and finding a safer/easier place to make the turn.



Thank You!

A special thanks to all of you who donated to the Camp Blue Bird project. We know the beads and jewelry were put to good use.

Cool Weather Reminders

With cooler temperatures upon us, we would like to remind you to bring a towel and cover up to the pool area. Although the water temperature will remain a constant 86-88°, you may feel cooler when entering and exiting the pool. Having a dry towel and cover up is key to staying warm.

If you just cannot bear the water in the winter time, we have many other exercise options available. If you have questions or if interested in the other options, please speak to Monica or Christina.

Happy & Healthy Holidays

We all know that the time between mid November and late December can be busy and hectic. And even though this time of year is filled with fun and festivities, we all know that anxiety and stress seem to find its way into the mix of things. Whether its shopping, party hosting or family stressors, finding a way to eliminate, avoid or manage the stressors will be vital to keeping the holiday time happy and healthy.

These tips might help to give you some stress-free holiday enjoyment time:

- * **simplify your schedule** - limit yourself to one holiday party per weekend and plan ahead for school and social events
- * **stay healthy** - stay warm, eat well, wash your hands and exercise. Doing each of these can be the ticket to an illness free holiday season
- * **de-stress & decompress** - take time for yourself, even though you think it may sound selfish, schedule alone time
- * **spread the joy** - don't be a Scrooge; giving to those in need can create joy.

Think of donating food, money or your time to those who need it more

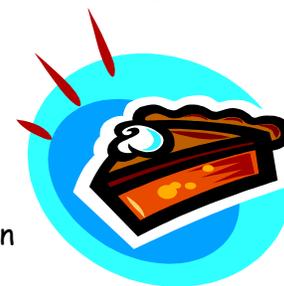
- * **there is an end in sight** - holiday time will come and go
- * **enjoy** - remember the reason for the season, its not about what gifts you buy but instead about enjoying the company of family and friends

Holiday Party Recipe

Having a holiday gathering and want to serve up a healthier dessert option? Here is a twist on a classic recipe that cuts over 200 calories, 20 grams of fat (per slice) and adds a whole grain component.

Oatmeal Pecan Pie (12 servings)

- ½ package (15 ounce) refrigerated pie dough
- 1 cup packed dark brown sugar
- 1 cup light corn syrup
- 2/3 cup regular, old fashion oats (uncooked)
- ½ cup chopped pecans
- 2 tablespoons butter (melted)
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 2 large eggs, lightly beaten
- 2 large egg whites, lightly beaten
- cooking spray



Preheat oven to 325. Roll dough into an 11 inch circle. Fit it into a greased, 9 inch pie plate, tuck edges under & flute.

Combine brown sugar & remaining ingredients, whisk well. Pour into pie crust. Bake at 325 for 50 minutes or until center is set. Cool completely before cutting...Enjoy guilt free!

Calories...311
Fat...11.3g
Protein...3.2g
Carbs...51.4g
Sodium...181mg

www.cookinglight.com - oatmeal pecan pie recipe
