



Fontana Center News

HOLIDAY HOURS:

Saturday, December 24th - CLOSED

Saturday, December 31st—8am - 12pm

FAREWELL FONTANA FITNESS FAMILY

It is with heavy hearts and tears to have to say farewell to our fitness center members who have become such dear friends that we all consider like family. We will be closing our doors at the end of this year (Saturday, December 31st. After years on the market, our building has sold. Though we tried to find a buyer for the building who would continue the fitness center, we were unsuccessful. The new owners are in an entirely different business industry and plan to renovate the building to suit their needs.

We want all of you to know how much we have enjoyed keeping you fit and healthy for so many years. We will forever cherish the memories that would not have been possible without you, and we cannot thank you enough for all of your love and support throughout the years.

P.S. Some of the Fontana Center staff are looking in to the possibility of opening in a new location, We will keep everyone posted on that information as it unfolds. Please make sure your contact information is correct and/or up to date.

EYE GLASS DONATIONS

Since 1925, Lions Club International has been helping others who are visually and/or audibly impaired by collecting eyeglasses and hearing aid donations from those in surrounding communities. You can donate your gently used eyeglasses and hearing aids at any Walmart Vision Center, a local participating Lions Club, or a designated Lions Eyeglasses Recycling Center (LERC). If you are unable to find a local Walmart or Lions club that accepts eyeglass donations, you can mail your eyeglasses or unopened contact lenses to the nearest LERC. Go to www.lionsclub.org for more details.



We would like to thank whomever brought in the large bag full of eye glasses to the Fontana Center. Your generous donation will be greatly appreciated by all at the Lafayette Lion's Club organization.. We would also like to encourage everyone to donate especially during this time of year.

2022 CHRISTMAS EVENTS NEARBY

No 1 Acadien Au Village— at Acadian Village, December 2nd - 23rd - 5:30 to 9:00 pm.

Lighting of the Tree Concert - Parc International, Downtown Lafayette, December 3rd - 5:00 to 9:00pm.

Sonic Christmas Parade - Jefferson Street, Downtown Lafayette, December 4th - 1:00 pm.

The Nutcracker. - Heymann Performing Arts Center - December 10th & 11th.

Christmas in the Park - Moncus Park, December 16th - 18th - 6:00 to 9:00pm.



MEMBER/STAFF SPOTLIGHT



She needs no introduction but deserves to take the spotlight for all of her hard work and dedication to the Fontana Center and its members. Mrs. Jill Hernandez's fitness journey stemmed from her battle with health issues and a need to lose weight before having gastric bypass surgery. Her initial thoughts and feelings about gyms and exercising weren't exactly the greatest... Jill said she hated gyms because they made her uncomfortable and always felt like people were judging. However, after touring the Fontana Center 5 years ago, Jill realized she had finally found a safe, non-judgmental environment surrounded by good people and supportive staff members where she could be herself and feel comfortable. Jill said she felt a sense of community as soon as she walked through the doors and that she was immediately accepted. And now, 150 pounds lighter, she is one of our group fitness instructors who LOVES to exercise!! She teaches a wide variety of classes such as Cardio Drumfit, Linedancing, Zydefit, Water Aerobics, Ball & Stretch, Kettlebell, Chair Cardio and more!

What an astonishing transformation!! Jill, we are so proud of you and all that you have accomplished here at the Fontana Center!! You always have an infectious smile on your face and encouraging words to say to everyone. We love you to the moon!!

HAPPY HOLIDAYS



On behalf of the Fontana's and their staff here at the Center, we would like to wish all of our members a very Merry Christmas and a Happy New Year. We hope your holiday season is filled with love, laughter, family and friends. In the hustle and bustle of the season, please remember the true reason why we celebrate it, and may God bless you and your loved ones.



SAUSAGE AND APPLE PHYLLO ROLLS

RECIPE BY: *ENTERTAINING WITH MARY BERRY*

INGREDIENTS:

| | |
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| 1 pound fresh pork sausage | 1 small Granny Smith apple (peeled, cored, coarsely ground) |
| 1 tablespoon coarse mustard | 1 tablespoon freshly chopped sage (from produce section) |
| Salt & Pepper to taste | 10 18x25cm phyllo pastry dough sheets |
| 1/4 cup melted butter | |

INSTRUCTIONS:

Cut sausage from casing and put it in a bowl with ground apple, mustard and sage; season with salt & pepper and mix well. Divide mixture into 10, then roll each portion into the diameter of a breakfast sausage and as long as a sheet of phyllo. Brush one sheet of phyllo with melted butter. Place the long sausage on one side of phyllo and roll it up. Repeat with the remaining phyllo and sausage. Chill in fridge for 30 minutes. Preheat oven to 400 degrees. Slice each long roll into 8 small rolls cut diagonally. Arrange on 2 cookie sheets lined with parchment paper. Brush with melted butter. Bake for 10-12 minutes or until golden and crisp. Serves 80.

