



## NEWS FROM THE FONTANA CENTER

### NEW FITNESS CENTER HOURS!!!

We are happy to announce our early morning hours!!

Beginning July 1st, the Fontana Center will open at  
**5am Monday through Friday**  
Saturday 8am—12pm

*\*Please make a note that we will be closing at 12pm on Monday, July 5th in observance of July 4th.\**

### IT'S INDEPENDENCE DAY!

Sunday, July 4th, 2021, will mark the 245th anniversary of the United States of America. As barbeque pits burn out, fireworks will light up the skies of our great nation as we celebrate Independence Day. On July 4, 1776, the Second Continental Congress adopted the Declaration of Independence which was a document declaring independence from Great Britain.

According to the Library of Congress, former President John Adams wrote a letter to his daughter stating that July 4, 1777, was celebrated in Philadelphia "with a festivity and ceremony becoming the occasion." The celebration of July 4 became more widely observed by Americans following the War of 1812 and became the most important nonreligious holiday for many Americans. On June 28, 1870, Congress passed a law officially making Independence Day a federal holiday.

<https://www.usatoday.com/story/news/2021/>



### ALSO IN JULY..

Did you know that July 1st is also (unofficially) National Postal Worker Day and International Joke Day!! Here are a few "dad jokes" to share with someone you know who will appreciate them:

<http://www.holidayinsights.com/>

What do you call a pudgy psychic? A four-chin teller.

What's the most detail-oriented ocean? The Pacific.

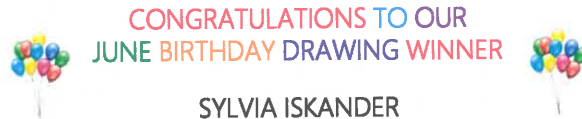
How can you tell it's a dogwood tree? By the bark.

When does a joke become a "dad joke?" When it becomes apparent.

<https://parade.com/940979/kelseyperlzer/best-dad-jokes/>

## FRIENDLY REMINDER

The summer is here and so is the heat! The pool is a great way to cool off and exercise at the same time and we love that our members are returning now that the national COVID-19 quarantine is finally over. We would like to remind EVERYONE who utilizes the Fontana Center pool to bring your own towel and dry off completely before exiting the pool area to enter the fitness center. As you all know, there is a long hallway to travel before getting to the restrooms and shower areas. There are also members who require assistance while making that long walk to and from the pool. Please be courteous and dry off. Thank you!



## Gruyère, Fig and Prosciutto Croissants

### Ingredients:

- 4 large butter croissants
- 4 thick slices of gruyère
- 4 slices of prosciutto
- 2 figs trimmed and sliced
- thyme leaves a few pinches

### Cooking Instructions:

Heat the oven to 160C/fan 140C/gas 3. Split the croissants in half through the middle. Stuff with a slice of cheese, prosciutto and a few fig pieces. Add a sprinkle of thyme leaves, a grind of black pepper, and put the tops back on.

Put on a baking tray and cook for 10 minutes until the cheese has melted, and the croissant tops are golden and flaky.

### Nutrition Facts Per Serving:

- Calories: 501
- Fat: 26.7g
- Saturated Fat: 14g
- Carbohydrates: 42.4g
- Sugars: 16.4g
- Fiber: 4.8g
- Protein: 20.3g