



Fontana Center News

IT'S CARNIVAL TIME

By the time you read this newsletter, Mardi Gras will already be an event of the past. But, since we waited two long years for this particular Mardi Gras to happen, it deserves a little recognition. Mardi Gras is more than just “Fat Tuesday” for Louisianians. The celebration of Mardi Gras is a part of what makes Louisiana’s culture so rich. On March 2, 1699, French-Canadian explorer Jean Baptiste Le Moyne Sieur de Bienville arrived on a plot of land 60 miles south of New Orleans and named it "Pointe du Mardi Gras." Mardi Gras is essentially a celebration of his discovery and it just so happens to mark the coming of Lenten season. Since the 1700’s, Mardi Gras has grown in popularity and is one of the world’s biggest tourist attractions today.



Here are a few more historic fun facts about our beloved local holiday: www.mardigras.com

- In 1870, the first recorded account of Mardi Gras "throws" occurred in New Orleans.
- In 1875, Governor Henry Warmoth signed the "Mardi Gras Act," making Fat Tuesday a legal holiday in Louisiana.
- In 1910, coconuts made their debut with the Krewe of Zulu.
- March 1, 1960, the first doubloon was thrown as a marketing/advertising gimmick.

KISS ME, I'M IRISH

St. Patrick’s Day (March 17th) has always been a fun, quirky holiday. For those who celebrate it, the phrase, “Kiss me, I’m Irish,” is often seen on a variety of St. Patrick’s Day apparel as well as home decor. The phrase originates from the legend of Blarney Stone. According to legend, kissing the stone endows the kisser with the gift of the gab, great eloquence, or skill of flattery. The Blarney Stone is merely a block of carboniferous limestone, and in 1446, was built into the tower over the battlements of Blarney Castle in Ireland. Long ago, kissers of the stone were held by the ankles and lowered head first over the battlements to complete their kissing mission. Today, there is an iron railing to assist those who wish to lean backwards and kiss the Blarney Stone. www.wikipedia.com



SPRING IS HERE!



Spring is quickly approaching with daylight savings Sunday, March 13th, and the first day of Spring Sunday, March 20th. According to the 2022 Farmer’s Almanac, March 1st, 2nd, 11th and 12th are excellent days to plant seeds. However, if you plant seeds from March 8th—10th, they will rot in the ground! If you decide to test this Farmer’s Almanac prediction, please let us know the outcome!! www.farmersalmanac.com

COVID TEST SCAM—PLEASE READ!

Have you gotten robocalls, text messages, or emails offering take-home COVID-19 tests in exchange for your Medicare Number? DON'T DO IT!! Scammers are selling fake and unauthorized at-home COVID-19 test kits in exchange for your personal and/or medical information. Do not give out your Medicare Number for COVID-19 test kits! Purchase FDA-approved COVID-19 test kits from legitimate providers only. Over-the-counter or at-home tests are available for sale around the U.S. at many reputable and trustworthy retailers and pharmacies. Remember, each household in the U.S. can have four free COVID-19 at-home tests shipped directly to their home at no cost. Visit COVIDtests.gov to order tests or to learn more about testing. If you suspect fraud, call 1-800-MEDICARE to report it. www.medicare.gov

WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Marcia Bradley, Chris Mixon, Robin McGinn, Jeannie Collins, Joan Gomez, Ann Crownover, Patricia LaPorte, Loretta Rush, Lee Countryman, Barbara Williams, Tamara Martin, Kathleen Phillips, Donna Bordelon, Joyce Romero, Fr. Richard Vidrine, Barbara Laudun, Harold Babineaux, Sandi Fontenot, Janice Plaisance, Michelle Hanks, Elena Broussard, Fred Touchet, Cornelia Hebert, and Dennis Hebert

MEMBER/STAFF SPOTLIGHT



Most of you have already met Ms. Dyane Knott, but we wanted to share her inspiring fitness journey with you. It all started with a trip to the doctor's office because of knee pain. Dr. Wayne Cestia informed Dyane that for every 10 pounds extra a person carries, there is an additional 30 pounds of pressure on their knees. Then, he told her that she was actually carrying a few too many pounds herself... His recommendation to eliminate her knee pain: EXERCISE!! In July 2017, Dyane joined the Fontana Center FitFamily and has since lost 24 pounds! Dyane said that as a fitness member, the one thing she enjoys most is the social comradery in group fitness classes and in the gym. She also stated feeling a sense of belonging here, and because of the Fontana Center and its wonderful members, Dyane said she was able to break out of a deep state of depression. In fact, Dyane loved the Fontana Center so much, she became an employee in November, 2020! Dyane claims that the Fontana Center is not only a great place to exercise, but it's also a fantastic place to work. "Everyone is like family here. It's rare to go to work and also have so much fun! I get to meet new people all the time and some of them have become very special to me."

A little tid bit about Dyane that some of you may not know: she is a retired special needs teacher of 33 1/2 years. She is one truly amazing woman!! We love you Ms. Dyane and are so proud of you and your life accomplishments. We love hearing success stories from our members so please share them with us. You might be in next month's Member Spotlight.

THE FONTANA CENTER WELCOMES ESA SWIM TEAM

Beginning March 8th, there will be a few extra visitors in our pool. Mr. Glenn Armentor (a Fontana Center fitness member and swim team coach at Episcopal Academy) will be conditioning some of his upcoming swim team participants on Tuesdays and Thursdays from 3:30 to 4:30pm. They will only be occupying one lap lane so the pool will still be completely open and available for everyone.

2022 FONTANA FITNESS CHALLENGE

Congratulations to our January Fitness Challenge winners: Glenda "Mimi" Ray, Liz Hennig, and Jane Freudenberger. These 3 ladies each won a \$10 gift card to Academy. Your hard work is paying off!! Be sure to check our Facebook page for some additional workouts to keep you busy and to prevent plateaus. Keep up the excellent work!! Stay tuned for our February Fitness Challenge winners!



SLOW COOKED APPLES WITH ALMOND-APRICOT SAUCE

*** USE A 4-6 QUART ROUND OR OVAL SLOW COOKER ***

INGREDIENTS:

Cooking spray	1/4 teaspoon ground ginger (or)
2 tablespoons water	1/4 teaspoon ground allspice
2 large apples (about 8 oz. each), halved & cored	1/2 teaspoon ground cinnamon
1/4 cup chopped almonds	1/2 teaspoon vanilla extract
2 tablespoons chopped dried apricots	1 tablespoon plus 1 teaspoon light tub margarine
2 tablespoons firmly packed dark brown sugar	

INSTRUCTIONS:

Lightly spray slow cooker with cooking spray. Pour in water. Add apple halves with cut side up. In a small bowl, stir together remaining ingredients except the margarine. Spoon mixture onto each apple half. Top each with 1 teaspoon margarine. Cook, covered, on low for 2 to 2 1/2 hours or on high for 1 hour to 1 hour 15 minutes, or until just tender. Be careful not to overcook; apples will continue to cook while cooling. Carefully transfer apples to plates, leaving sauce in slow cooker. Stir the sauce, spoon over apples and let them cool completely (about 30 minutes). The sauce will thicken slightly while cooling.

NUTRITION FACTS:

Serving Size: 1/2 apple and 1 tablespoon sauce
Calories: 149, Fat: 5g (0.5g saturated, 1.0g polyunsaturated, 3.0g monounsaturated fats), Cholesterol: 0mg,
Sodium: 34mg, Total Carbohydrate: 27g (4g dietary fiber, 21g sugars), Protein: 2g.
Diabetic Exchanges: 1 fruit, 1 other carbohydrate, 1 fat