



NEWS FROM THE FONTANA CENTER NEWS

HAPPY MOTHER'S

In the years preceding the Civil War, Ann Reeves Jarvis of West Virginia helped start "Mothers' Day Work Clubs" to teach local women how to properly care for their children. In an effort to continue her mother's legacy, Anna Jarvis (Ann's daughter) created a celebration for motherhood which later evolved into Mother's Day. Mother's Day became an official U.S. holiday in 1914 and will be celebrated this year on Sunday, May 9th. www.history.com

On behalf of our staff at the Fontana Center, we would like to wish all moms a very Happy Mother's Day. We hope you enjoy your day and get the chance to rest and relax. Know that you are loved and appreciated for all of your hard work and dedication, and without you, nothing would be possible. If you are looking for the perfect gift for that special mom in your life, check out "Mother's Day Gift Ideas" located on the back of your newsletter.

REMEMBER THE BRAVE....



Originally known as Decoration Day, Memorial Day is observed by Americans every year on the last Monday during the month of May. It began in years post Civil War and became an official federal holiday in 1971 to honor brave soldiers who have lost their lives while serving in the United States military. Many Americans celebrate Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. This year, plan your Memorial Day celebration on Monday, May 31st.

MASK MANDATE AND UNIVERSAL GYM ETIQUETTE

Until more about COVID 19 is known, CDC recommends everyone who is vaccinated or not, should continue to take protective measures and wear a mask in INDOOR public settings; however, CDC now says masks may be unnecessary in OUTDOOR settings with 6ft distancing practiced.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

Any and everywhere you go will have its own set of rules and proper etiquette to follow. Everyone knows when you step into the public library, you are supposed to be very quiet out of respect for others who might be reading a book. Some restaurants may have a boisterous, energetic atmosphere and others may be very intimate and quiet. Rules and proper etiquette at the gym seem to be pretty consistent no matter where you go to workout but we wanted to send you a friendly reminder of what they are in case you may have forgotten:

In the gym:

1. Please do not hog equipment.
2. Be mindful of your surroundings and others.
3. Clean up after yourself.
4. Wear the right gear.

In a class:

1. Avoid chit chatting during class.
2. Avoid talking on the phone during class.
3. Wear deodorant.
4. Be on time.

www.lifefitness.com; www.lafayettefamilyymca.org; issaonline.com; www.mensjournal.com; www.womenshealthmag.com

SWIMMING TECHNIQUE WORKSHOP

If it has been awhile since you put your face in the water or you want to include swimming laps into your exercise regimen, try the Swimming Technique Workshop with Mrs. Mary Ellen Stegall. She will be instructing members only from 1:00pm to 2:00pm, May 24th-27th, on proper swim strokes and breathing techniques to help you "get your feet wet" with the water and swimming again. Workshop requirements include a full membership to the Fontana Center, some general swimming experience and proper swim gear (such as a towel and goggles).

MOTHER'S DAY GIFT IDEAS:



JENNY LANDRY

1. She would absolutely LOVE a gift certificate for a massage! To make life easier for you, we already have a licensed massage therapist right here at the Fontana Center. Jeannie Chastant has been a licensed massage therapist for over 20 years and is an expert in her field. Stop by the front desk to inquire about rates and availability.
2. If she enjoys exercising, pick up a class punch card at the front desk. We have \$50 cards (good for 5 classes plus 1 freebie) and \$100 cards (good for 10 classes plus 2 freebies). Or you can always make her an official member with a full Fontana Center membership.
3. Any gift that is thought out and comes from the heart. Doesn't need to cost much or anything at all. Knowing that whomever giving the gift was listening to the receiver is the true gift.—Ronnie O'Donnel
For example, Ms. Martha Harris said her favorite Mother's Day gift was a card from her daughter telling her how great she was at being a mom.
4. Custom made items such as jewelry just for her. Have a ring or pendant specially designed to symbolize something significant about your lives together.—Cindy Soileau
5. Handprint art from the little ones! This is extremely easy to prepare at very little cost but may take a few days to complete. If you're thinking ahead, have a picture frame engraved with a special message from the kids to frame their handprint masterpiece.—Cindy Soileau
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BASIC CREPES from allrecipes.com (to make Mom breakfast in bed!)

Ingredients:

1 cup flour
2 eggs
1/2 cup milk
1/2 cup water
1/4 teaspoon salt
2 tablespoons melted butter

Filling Suggestions:

Fresh fruit and cool whip
Scrambled eggs & breakfast sausage
Plain with warm maple syrup

Nutrition Facts Per Serving:

calories 216
protein 7.4g
carbohydrates 25.5g
fat 9.2g
cholesterol 110.7mg
sodium 235.3mg

Cooking Instructions:

In a large mixing bowl, whisk together the flour and the eggs.
Gradually add in the milk and water, stirring to combine.
Add the salt and butter; beat until smooth.
Heat a lightly oiled griddle or frying pan over medium high heat.
Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe.
Tilt the pan with a circular motion so that the batter coats the surface evenly.
Cook the crepe for about 2 minutes, until the bottom is light brown.
Loosen with a spatula, turn and cook the other side.
Serve hot.

SPECIAL THANK YOU

We would like to thank Mr. Cal and Mrs. Lou Courville for brightening up the Fontana Center with beautiful flowers from their garden. Everyone here enjoys seeing and smelling them tremendously.