



## Fontana Center News

### SO MANY M's!

So many M's in the marvelous month of May! Mother's Day will be celebrated on Sunday, May 8th, and Memorial Day will be observed on the last Monday in May (Monday, May 30th). We would like to wish all of the magnificent mothers a very Happy Mother's Day, and we hope you spend the day doing things that make you smile while surrounded by the one's you love.



There are so many brave men and women in the United States military who risk their lives to preserve the freedoms we so often take for granted. On Monday, May 30th, make the time to remember our fallen heroes; those who have lost their lives while serving our country.

### SUMMER SWIM LESSONS

Summer is just around the corner and everyone wants to cool off in the pool. Don't be the only one left out! Get in the pool with confidence or give someone the gift of saving their own life. Stop by the front office or ask Jess for more information about registering for summer swimming lessons. Adults AND children, members AND non-members are all eligible for swimming lessons here at the Fontana Center (children must be fully potty trained before scheduling).

### GROUP FITNESS CLASS SCHEDULE CHANGES

First, we want all of you to know that we hear your suggestions and requests and do everything possible to make everyone's wishes come true. Unfortunately, we cannot please everyone and hope you understand. This summer, the Fontana Center's group fitness schedule has changed quite a bit and so has making a reservation for our land classes. Make sure to pick up your copy of our group fitness schedule at the front desk. Reservations will be done on a weekly basis (instead of monthly) to give everyone a chance to try out all of our group fitness classes. Please keep in mind that SPACE IS LIMITED in the group fitness studio! If you cannot get into your favorite class, we always encourage everyone to try something new. You can find a description of all our group fitness classes on the back of the schedule. Don't be afraid to step outside of your comfort zone and shake up your routine...your body and mind will thank you!

### 2022 FONTANA FITNESS CHALLENGE WINNER!

Congratulations to Mrs. Charlotte Ryder!! She is the winner of our 2022 Fontana Center Fitness Challenge. Since January, Charlotte has been putting in some serious work at the gym and it has really paid off. We want her to keep at it and continue on this fitness journey! In order to keep her on track, Charlotte is the grand prize winner of 12 personal training sessions with both of our exercise physiologists (Jeffery Melancon and Jessica Arabie).

### WELCOME (and welcome back) TO THE FONTANA FIT FAMILY

Joni Juergens, Linda Vidos, Danny Head, Windy Owen, John Danser, Bill Colvin, Linda Faulk, Cindy Colvin, Florence Boudreaux, Clare Martin, Dean Martin, Hazel Roberts, Marie Strong, Lynette Peterson, Dottie Broussard, Travis Blanchard, Douglas Marks, and Graham McQuitty

## MEMBER / STAFF SPOTLIGHT



If you don't already know Mrs. Charlotte Ryder, we'd like to introduce you to her. Charlotte has been employed at the Fontana Center for 17 years and is one of the hardest workers you will ever meet. In January, she decided to join the 2022 Fontana Center Fitness Challenge because she has a family history of several underlying health issues that can be prevented with a healthy diet and regular exercise. She thought joining the Fitness Challenge would hold her accountable for working out on a consistent basis and help her make healthier choices. What she didn't realize is how much fun exercising could be, and how accomplished she would feel after not only completing, but exceeding physical challenges given to her. During the 3 month fitness challenge, Charlotte said her energy level had increased, stress level decreased and she slept a little better at night. After having previous success with Weight Watcher's, Charlotte decided to rejoin on April 18th and has lost 6 pounds in just 2 weeks. Charlotte's advice to anyone trying to lose weight or start a fitness journey: "Make yourself a priority because at the end of the day, YOU are your longest long-term commitment. Don't give up! Take it one day at a time, and if one day seems too large of a goal, take it one hour at a time. Small goals lead to big accomplishments." We are all so very proud of you and your accomplishments and want you to have continued success on your journey. Charlotte, we are all in your corner cheering you on (some of us with pom poms), Keep up the hard work! You got this!

We always enjoy hearing everyone's success stories so please share them with us. You might be in next month's Member Spotlight.



### ONE-SKILLET BOURBON CHICKEN

RECIPE BY: [EATINGWELL.COM](http://EATINGWELL.COM)

#### INGREDIENTS:

1/4 cup lower-sodium soy sauce	1/4 teaspoon crushed red pepper
1/4 cup bourbon	1 tablespoon cornstarch, plus 1 teaspoon, divided
1/4 cup unsweetened apple juice	2 tablespoons canola oil
1 tablespoon rice vinegar	2 teaspoons water
1 tablespoon pure maple syrup	3 cups cooked brown rice
1 tablespoon minced fresh garlic	1 teaspoon grated fresh ginger
1 1/2 pounds boneless, skinless chicken thighs, cut into 1/2-inch-thick strips	
Sliced scallions for garnish	

#### INSTRUCTIONS:

Combine soy sauce, bourbon, apple juice, vinegar, maple syrup, garlic, ginger, and crushed red pepper in a small bowl. Toss together chicken and 1 tablespoon cornstarch in a bowl. Heat oil in large non-stick skillet over medium-high heat. Add chicken, stir occasionally until golden brown and crispy (6-8 minutes). Add soy-bourbon mixture; stir to coat. Cook, stirring often, until sauce has reduced to a syrupy consistency and chicken has cooked through (6-8 minutes). Combine water and remaining 1 teaspoon cornstarch; stir to mix well. Add to pan; cook, stirring often until sauce thickens and coats chicken (1-2 minutes). Divide rice among 4 plates; top with chicken and sauce. Top with scallions for garnish if desired.

#### NUTRITION FACTS:

Serving Size: about 4 oz. chicken & 3/4 cup rice

Per Serving: 521 calories; fat 15g; cholesterol 136mg; sodium 732mg; carbohydrates 48g; dietary fiber 3g; protein 40g; sugars 5g; saturated fat 2g; potassium 226mg.

*\*Have an idea for the newsletter? Email [Jessica@fontanacenter.com](mailto:Jessica@fontanacenter.com) or call us at 337-234-7018.\**