

## STAY MOVING AT HOME!

Stay Strong, Stay Healthy

UNIVERSITY OF MISSOURI Extension  
equal opportunity/ADA institution

Wide Leg Squat

Standing Leg Curl

Side Leg Raise

Knee Extension

Biceps Curl

Overhead Press

Seated Row

Toe Stand

Stay Strong, Stay Healthy is adapted from The Strong Women Program, A National Fitness Program for Women, John Hancock Center for Physical Activity and Nutrition, Friedman School of Nutrition Science and Policy, © 2008 Tufts University, Boston Massachusetts  
Illustrations by J. Bintzer, University of Missouri Extension  
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## BLUEBERRY CRUMBLE FOR 2

*Blueberry Crumble for Two is a perfect dessert to share with a fellow berry lover.*

### INGREDIENTS

#### FOR THE FILLING:

- 1 cup (170g) blueberries
- 1 TBSP granulated sugar
- 1/2 TSP vanilla extract
- 1 TSP cornstarch

#### FOR THE TOPPING:

- 2 TBSP all-purpose flour
- 3 TBSP oats
- 2 TBSP firmly packed brown sugar
- 1/4 TSP ground cinnamon
- pinch of salt
- 2 TBSP unsalted butter, cold and cut into cubes



### INSTRUCTIONS

#### TO MAKE THE FILLING:

1. Preheat oven to 375°F.
2. Combine the blueberries, sugar, vanilla, and cornstarch.
3. Divide the mixture between two [6- to 8-ounce capacity baking dishes](#).

#### TO MAKE THE TOPPING AND ASSEMBLE:

1. Combine the flour, oats, brown sugar, cinnamon, and salt. Add the butter, and mix with a fork, a pastry blender or your fingers until the mixture forms crumbs.
2. Sprinkle the oat mixture over the top of the filling. Place the baking dishes on a lined, rimmed baking sheet to catch any potential spills.

Bake 15 to 20 minutes, or until the topping has browned and the filling is bubbly.



**NEW YMCA CHATTANOOGA SENIOR FACEBOOK GROUP!**

## INDOOR POOL NEWS:

Our indoor pools opened on May 18 for lap swim only. Limited locker room access is available for those accessing the pools only. Lap swim currently has a max time limit of 45 minutes. For complete branch-specific pool hours, call your local branch or check our website.

### WHAT'S NEXT?

The next phase of our reopening includes expansion of operating hours to include early morning, launch of some live Zoom classes, and limited in person classes. Make sure to check your email, our YMCA social media pages and your app for those announcements soon.



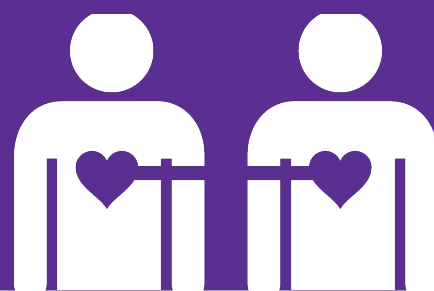
## INDOOR POOL UPDATE



## QUESTIONS OR SUGGESTIONS?

### LET'S SHARE!

What is one thing that is helping you through this challenging time? Please email your answer to [mvermeer@ymcachattanooga.org](mailto:mvermeer@ymcachattanooga.org)



## CHAPLAIN'S CORNER

### Keeping the FUN in Healthy Living

Has trying to stay healthy become drudgery for you? If so, it's probably because you are an adult. Too often adults think we always need to be doing something productive with our time. We can even turn the pursuit of health into a full-time job and rob ourselves of emotional and spiritual well-being.

One day Jesus' disciples got caught up in the same grind. They were working hard to get into heaven but getting nowhere fast. They came to Jesus and asked for a spiritual workout that would guarantee results. Imagine their surprise when Jesus responded: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven." (Matthew 18:3)

When's the last time you flopped in the grass on a sunny day to study the faces in the clouds? Or climbed on a jungle gym, or ran in figure eights until you fell down? Children remind us that God wants his children to experience the joy of healthy living. Shalom!

