

# Spring 2024 Newsletter

## What's going on each month?

**Mar. 6, 2024**

**Lunch:** Jean's Famous Meatloaf, Scalloped Potatoes, Peas and Cake

**Entertainment:** Bagpiper Austin Long will not only play but also educate us on the vast history of the instrument.



**Apr. 3, 2024**

**Lunch:** Chicken Corn Soup, Salad and Cupcakes

**Entertainment:** Sweet Life, a married duo whose specialties include soft rock, patriotic music, jazz and country.



**May 1, 2024**

**Kitchen Helpers:**  
\*\*Men will serve for  
Mothers Day\*\*

**Menu:** Ham & Cheese Sandwich, Chips, Pickles and Brownies

**Entertainment:** To be determined...



**June 5, 2024**

**Lunch:** Macaroni & Beef, Cheese Cubes and Ice Cream Sandwiches

**Entertainment:** Marty's One-Man Band makes a return appearance for the first time in a few years. .



**See info on our July BBQ on back page.**

# Annual Picnic Registration Form

Please reserve a place for me/us at the **Annual Picnic July 10, 2024**

Served At The Rec. Cost \$10.00 per person

(1) Name \_\_\_\_\_

(2) Name \_\_\_\_\_

**Menu:** Bar-B-Q Chicken  
Baked Potato, Broccoli Salad  
Roll/Butter, Carrot Cake  
Coffee & Cold Drinks



**PLEASE FILL IN THIS FORM AND MAIL OR  
BRING IN TO REC CENTER OFFICE  
RESERVATIONS MUST BE RECEIVED BY  
June 28, 2024**

***NO LATE RESERVATIONS ACCEPTED!***

## GYC Aquatics

Tuesday and Thursday Apr. 2 - June 27  
8:15 to 9:00 A.M. \$24.00/session

**(THREE-MONTH SESSION)**

Open Swim:  
Tuesday, Wednesday, Thursday  
10:00 to 11:00 A.M.

GYC Membership Card must be shown  
Entrance to the Rec is given  
**15 minutes** before start times



## The Mental Health Benefits of Exercise and Physical Activity

Have you been feeling down lately? Try exercising to help improve your mood! Exercise can:



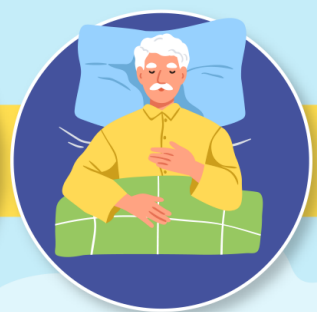
Reduce feelings  
of depression  
and stress



Enhance your mood  
and overall emotional  
well-being



Increase your  
energy level



Improve sleep