With the year end fast approaching I’d like to take the time to acknowledge everyone who has been a part of Adult Fitness. As we end another semester we face the inevitable loss of students. Make sure to take the time to thank the 78 students that worked with us this fall. Please know that while they may have been of some aid to you, you are just as much an influence on their lives. Thank you to all you wonderful members and for your patience with me in my first fall as director. And a special thank you to Sarah and Ricky for serving as wonderful additions to our program. If you all weren’t here with your smiling faces every day, well there’d be no reason for me to show up either. So thank you to you all and have a wonderful holiday season!

~Kimberly

**Director’s Corner**

Adult Fitness will be CLOSED on the following dates for Winter Break:
- Wednesday, December 24th
- Through Thursday, January 1st
We will re-open on Friday, January 2nd for the 6:00 a.m. session

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**Holiday Volunteer Opportunities**

**Why Volunteer??**
- Healthy boost to your self-confidence
- Natural sense of accomplishment
- Gain experience
- Bringing people together

**Opportunities in Fort Collins**

1. **Red Kettle Bell Ringing**
   - 3-4 hour shift
   - Money collected stays in the community
   - For more information visit: salvationarmyfortcolluns.org

2. **Meal Serving Opportunities**
   - Website has a calendar of volunteer opportunities with Lawrence Street Shelter, Fort Collins Rescue Mission, Harvest Farm, and The Crossing
   - For more information go to: http://col.st/18pNc

3. **Operation Christmas Child**
   - Decorate an empty shoe box or similar size box, fill it with small gifts for a girl or boy, drop off box at a drop off location

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- Holiday Party -
Our annual holiday party will be held on Tuesday, December 9th, from 4:30-7:00 p.m. at Avogadro’s Number. The cost to attend is $11 per person and includes tip. Hope to see you all there! Sign up will be out on the BP table soon.
Kendall Anderson Nutrition Center

We are looking forward to our partnership with the KANC. This fall we plan to have monthly visits from their students and registered dietitians. This is meant to be an informal opportunity for you walk and talk with someone to hear a little more nutrition advice.

There will also be demonstrations throughout the semester. If a large enough group is interested the KANC is also able to host cooking lessons at their facility in Room 114 of the Gifford Building.

Ask a staff member for coupon if you are interested in one-on-one nutrition counseling.

Cinnamon Streusel Crisps

Prep Time: 20 minutes  
Cook Time: 12 minutes  
Makes 28–32 cookies

Ingredients
1 (16.5-ounce) package refrigerated sugar cookie dough
1/4 cup packed light brown sugar
1/4 cup finely chopped pecans
3/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg (optional)

Directions
1. Freeze cookie dough for 1 hour
2. Preheat oven to 350°; place rack in center of oven.
3. Remove from freezer, and place on cutting board. Cut dough into 1/4-inch slices (about 28–32 slices); arrange 2 inches apart on 2 parchment paper–lined baking sheets.
5. Bake 12 minutes or until edges are crisp and browned.
6. Let cool on baking sheet 3 minutes; remove to a wire rack to cool completely.

Nutritional Information (per serving)
Serving Size: 1 cookie
Calories: 87
Fat: 4g
Protein: 1g
Carbs: 12g
Fiber: 0g
Sodium: 71 mg
Calcium: 17 mg

Winter Warmth

Piles of snow beneath my boots
chilly winds blowing everywhere
snow keeps mounting on the posts
on the windows and on the roads
shovels outside,
soups inside
hot and rich,
chicken and corn
coming back from all the work
this is what I look for
the warm chestnuts,
the cracking fire

Quote
“Always do your best. What you plant now, you will harvest later”
-Og Mandino

Anonymous