Please take time this December to help ensure everyone's safety by making sure all loved ones have a safe ride home from the Holiday party, family party, or any gathering. December is National Drunk and Drugged Driving Prevention Month.

December 5th is International Volunteer Day, so there's no better time to find a local organization that could surely use some extra help this month. Consider making it a weekly or monthly event for yourself.

December 6-12 is National Hand Washing Awareness Week. With the cold weather coming, cold and flu season follows. Washing your hands becomes even more important to help prevent the spread of germs. Check out www.henrythehand.com for proper hand washing techniques.

December 6-12 is also National Influenza Vaccination Week, which is a good reminder to get your flu shot!

*All info from Nationalwellness.org*

DEAN’S CHALLENGE

Get ready for the Dean’s Challenge! This program will begin in January, and helps keep you motivated to continue your workouts and healthy habits through the sometimes miserable winter. It is free to participate, and after completion, you will receive a T-shirt, and the chance to win some prizes!

Watch out for registration in mid-January!

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The Best Healthy Chocolate Chip Cookies!

**Ingredients**

- 2/3 cup plus 1/2 cup oat flour (140g)
- 1/4 tsp salt
- 1/2 tsp baking soda
- 4 tbsp coconut sugar (brown sugar or sucanat will also work)
- 4 tbsp xylitol or evaporated cane juice (white sugar will also work)
- 1/4 to 1/3 cup chopped macadamia nuts (or walnuts)
- 3 tbsp to 1/2 cup chocolate chips (Throw in a big handful. I never bother to measure.)
- 1 tsp pure vanilla extract
- 2 tbsp vegetable or melted coconut oil
- 3-5 tbsp milk of choice, as needed

From Chocolatecoveredkatie.com, where you can also find the Nutrition facts for these cookies!

**INSTRUCTIONS:**

Recipe: Preheat oven to 380 degrees. Combine all dry ingredients and mix very well. Add wet, and form into a big ball. Now make little balls from the big one. For soft cookies, refrigerate until cold (otherwise, just bake right away). Bake 7 minutes, or until they’ve spread out and look just a little undercooked. Remove from oven when they’re still a little undercooked, then it’s important to let cookies cool at least 10 minutes before trying to remove from tray, as they’ll continue to cook while cooling. For soft cookies, store in a lidded plastic container. For crispy cookies, store in a lidded glass container.

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**MEMBER HIGHLIGHT**

**Claire Schachter— 2L**

I am a 2L and a big fan of the Sport & Fitness center.

I like coming to the gym early in the mornings when it is extra quiet (and before I realize what’s really happening). Seeing Ashleigh’s smiling face is a great way to start the day!

I think working out at the Sport & Fitness center is one of the best ways to decompress from studying. I always feel reenergized after I leave. The natural light from all the windows is a huge plus - you can almost pretend that you’re running outside. I think all of us students feel very lucky to have access to such a great workout facility on campus. I really appreciate all the effort the staff puts in to keep things running smoothly and how friendly everyone is. I’ll definitely try to keep the GULC gym in my routine after I graduate!
HAPPY HOLIDAYS TO EVERYONE! THE SPORT & FITNESS CENTER HAS HAD A GREAT FALL SEMESTER WITH YOU AND WE WISH YOU A HAPPY AND HEALTHY HOLIDAY SEASON!

HAPPY HANUKKAH!
DECEMBER 6–14

MERRY CHRISTMAS!
DECEMBER 25

HAPPY KWANZAA!
DECEMBER 26–JANUARY 1

HAPPY NEW YEAR!
JANUARY 1

Meet Galina!

Galina has been working at Sport & Fitness Center since its opening 2004! She teaches three Yoga classes here each week, and also instructs at other gyms throughout the District. If you’ve taken her class, you know she practices what she preaches and has incredible flexibility! (See above!)

However, did you also know she is an accomplished artist? She painted all of the art in the photo above and was recently honored by the Women’s Federation for World Peace.
Regular Hours of Operation

Sunday: 9:00 AM — 8:00 PM
Monday: 6:30 AM — 10:30 PM
Tuesday: 6:30 AM — 10:30 PM
Wednesday: 6:30 AM — 10:30 PM
Thursday: 6:30 AM — 10:30 PM
Friday: 6:30 AM — 8:00 PM
Saturday: 9:00 AM — 6:00 PM
*These hours will run through December 13th*

Please note that the entire building closes at the given time, including the locker rooms. Please plan your work out and locker room usage accordingly.

The pool closes 15 minutes before the rest of the facility.

Winter Break Hours

Monday-Thursday,
December 14-17: 6:30am-8:00pm
Friday, December 18:
6:30am-7:00pm
Saturday & Sunday,
December 19-20: 9:00am-5:00pm
Monday-Wednesday,
December 21-23: 6:30am-8:00pm
December 24-January 1: CLOSED