



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Dear Y family:

Thankful Thursday is here and there is much to be thank you for. For starters you are here and present and we care very much about how you are doing and how you are making the most of our current situation. I truly hope you have joined our Fresh Air Club, accumulating steps, getting some much needed fresh air, making good food choices and staying strong.

The more you thank life the more life gives you to be thankful for.

Stay healthy,  
Carrie

### **COUCH SITUP CHALLENGE**

Grab the kiddos or your favorite person and let's tackle the **Couch Sit Up Challenge!**

Here's how this works. Everybody sits on the floor in front of your couch, chair, ottoman- anything that can support you. On your back, knees bent, feet locked under your furniture of choice and arms over head. Start your stop watch. Every minute on the minute you will perform a sit up that coincides with the minute you are on.

#### **Example:**

Minute 0-1=1 sit up rest  
Minute 2=2 sit ups rest  
Minute 3=3 sit ups rest  
And so on

The idea is to continue until you no longer have a period of rest. Let's see who outlasts who while having fun, working on that summer bod and spending quality time together. Ready-Set-Go!

### **Enjoy our Recipe of the Day!**

#### **Peanut Butter Banana Chocolate Chip Cookies**

##### Ingredients:

- \* 1/2 cup unsalted butter
- \* 1/2 cup peanut butter (smooth or crunchy)
- \* 1 cup brown sugar
- \* 1 large egg
- \* 1 1/2 tsp. vanilla extract
- \* 1 medium sized mashed banana
- \* 2 cups all purpose flour

#### **MERIDEN-NEW BRITAIN-BERLIN YOUNG MEN'S CHRISTIAN ASSOCIATION, INC.**

##### **MERIDEN YMCA**

110 West Main Street  
Meriden CT 06451  
**P** 203 235 6386 **F** 203 634 6517  
**www.meridenymca.org**  
facebook.com/YMCA.Meriden

##### **NEW BRITAIN YMCA**

50 High Street  
New Britain CT 06051  
**P** 860 229 3787 **F** 860 225 8063  
**www.nbbymca.org**  
facebook.com/NBBYMCA

##### **BERLIN YMCA**

362 Main Street  
Berlin CT 06037  
**P** 860 357 2717 **F** 860 828 7830  
**www.nbbymca.org**  
facebook.com/BerlinYMCA



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- \* 3/4 tsp. baking soda
- \* 1/4 tsp. salt
- \* 1 1/4 cups chocolate chips (flavor of choice; semi sweet-milk or dark)

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Instructions:

Beat together the first 3 ingredients with an electric mixer. Once combined add vanilla, egg and banana.

Reduce the speed to low and add all of the dry ingredients until combined then add the chocolate chips.

Cover the bowl and refrigerate for two hours.

Use a 350 degree oven

Line two baking sheets with parchment. Silicone sheets or cooking spray is also acceptable.

Form dough into 1 1/2 - 2 inch balls, place 2 inches apart. Flatten balls slightly and bake 7-9 minutes.

**YUMMMO! ENJOY☺**

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