55 IS NOT A SPEED LIMIT

ACTIVE ADULTS | HEALTHY LIVING 55+

Riverbanks Zoo and Garden

Tues. April 11 | 8:00 AM - 5:00PM | Cost: $28

Join us for to visit the lush 170-acre site featuring over 2000 magnificent and fascinating animals and one of the nation’s most beautiful and inspiring botanical gardens.

Flat Rock Playhouse

Thur. May 25 | 10:00 AM - 8:00 PM | Cost: $59

Need a little Christmas early. Join us in Hendersonville to see the show (A Tuna Christmas). A comedy featuring the residents of Tuna Texas with two actors playing 22 characters.

Lowe’s YMCA

170 Joe V Knox Ave. Mooresville, NC 28117
Ymccarlottte.org/Lowes
March 2017

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Life doesn’t slow down when you turn 55. We believe a body in motion stays in motion and you’re just getting started! The Y helps you connect with other adults who have similar interests to join in excursions, fitness, learning seminars, community volunteerism and social gatherings. At the Y, you’ll be celebrated for your life’s accomplishments and valued for what you’ll do next.

TO THINK ABOUT

"Let your light shine before people that they will see the good things you do and praise your Father in heaven.” - Matthew 5:16

FRIDAY LUNCH SOCIALS

All Friday Lunch Socials are at 12 PM unless specified otherwise.

March 3: Join us for Potluck

March 17: Groucho’s Deli
215 S. broad St. Mooresville, nc 28115

Monthly Book Club
Tuesday, March 28 9:30 AM
Lowe’s YMCA Chapel
Cost: FREE
Book— To Kill a Mockingbird
By Harper Lee
Healthy Recipe

Easy Weeknight stir fry
By Sara Hass, RDN, LDN

Ingredients

- 1 cup quinoa
- 2 cups + 1 cup vegetable broth
- 1/4 tsp Kosher salt
- 2 tsp + 1 Tbsp vegetable oil
- 1 lb. chicken breast, patted dry and sliced thin
- 2 cups shredded carrots
- 3 cups broccoli florets
- 1 orange and red bell pepper, seeded, stemmed and sliced thin
- 2 Tbsp. low sodium soy sauce
- 1 Tbsp. minced, peeled ginger
- 2 tsp honey
- 1 Tbsp. corn starch
- 3 Tbsp. rice vinegar

DIRECTIONS

1. In a medium pot, combine the quinoa, 2 cups veg. broth and salt. Bring to a boil. Reduce heat and simmer, stirring occasionally until cooked and all the liquid is absorbed, about 15-20 minutes.

2. Heat 1 tsp of veg. oil in non-stick wok or cast-iron pan over medium heat until hot. Add half the chicken. Cook, stirring frequently until no longer pink. Remove chicken and then do the same with other half.

3. Add remaining veg. oil in pan and add carrots, broccoli and red pepper. Cook til slightly softened about 3-4 min. Whisk remaining veg. broth, soy sauce, ginger, honey, corn starch and vinegar: add to pan and bring to boil.

4. Add the cooked chicken and cook an additional 1-2 min. Season with salt to taste.