

Active Adults

MAY-JUNE
2019
Newsletter

YOU BELONG HERE.

Weekly Programming | Healthy Recipes
Fitness Block Party | T.O.P.S.



CONNECT WITH US!
KROCHAMPTONROADS.ORG



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MARK YOUR CALENDAR

WEEKLY COMMUNITY MEETINGS

Mondays

Golden Hearts | 10am-12pm

Wednesdays

Bible Study | 6:30pm-7:30pm

Thursdays

Home League | 10am-12pm

FREE BLOOD PRESSURE & GLUCOSE CHECKS

Active Adult Wednesday
May 22nd and June 26th

FAMILY FITNESS BLOCK PARTY

Friday, June 28, 2019
6pm-8pm

FREE and open to the community!
Stop by the Welcome Desk for
more information.

SPECIAL DATES

HOPE DINNER

May 2
(CLOSED)

CINCO DE MAYO
MAY 5

MOTHER'S DAY
May 12

MEMORIAL DAY
May 27
(Holiday Hours 7am-11am)

FATHER'S DAY
June 16

JUNETEENTH
June 19

FIRST DAY OF SUMMER
June 21

Get Active



ACTIVE ADULT WEDNESDAY PROGRAM

MAY

- 8. Mother's Day Jewelry
- 15. Norfolk Senior Olympics at ODU
- 22. BINGO - Bring a prize to play
- 29. Words of Encouragement

JUNE

- 5. Summer Dish Garden
- 12. BINGO - Bring a prize to play
- 19. Farkle - Dice Game Fun
- 26. Words of Encouragement

SAVORY SUMMER SNACK



Chilled Tomato Soup w/ Corn Bread Croutons

- 1 package corn muffin mix
- 1 -2 tablespoons olive oil
- 1 teaspoon chili powder
- 2 cans diced tomatoes with green pepper, celery, and onion

1/2 English cucumber, chopped

3 green onions, chopped

1 cup ice cubes

1 medium avocado, halved, seeded, peeled, and sliced

Preheat oven to 400 degrees F. Prepare corn muffin mix according to package directions. Spread batter in a lightly greased 13x9x2-inch baking pan. Bake for 14 minutes or until golden and a toothpick inserted near the center comes out clean. Cool slightly. Cut into 1-inch cubes. Toss with olive oil and chili powder. Place cubes on a baking sheet and return to oven for 5 minutes to crisp.

In a blender combine tomatoes, cucumber, onions, and ice; cover and blend until nearly smooth. Pour soup into bowls; top with avocado slices and half of the croutons. If desired, sprinkle with additional green onion, cucumber, and/or chili powder.

T.O.P.S

TAKING OFF POUNDS SENSIBLY

TOPS (Take Off Pounds Sensibly) is the short name for TOPS Club, Inc., the original nonprofit, noncommercial network of weight-loss support groups and wellness education organization. TOPS offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition.

THURSDAYS
Weigh-in : 9:30AM
Meetings: 10AM



For more information on Active Adult Programs, please contact Assistant Program Director
Marleen Mallory at 757-622-KROC X64341

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