

# Fuel Up To Play 60

On Friday December 9<sup>th</sup> we had our first badminton family night. About seven families came out and played badminton for an hour and a half and enjoyed a healthy snack. Please join us for our next family night to play volleyball on Friday January 27<sup>th</sup> from 6:30-8:00pm.

On Thursday December 15<sup>th</sup> we participated in the National Cooking Show Challenge. Our cooking show was how to make smoothies. We had four teams that made their smoothies for the cooking show. Our smoothie winners were Joe Tarolli, Stefan Jemkort, Wyatt Smith, and Shyyaan Khan. They created a Tropical Blast Smoothie. Please see the Carter website for the recipe.

Upcoming events:

- Fitness Room 3:00-3:45pm every Wed. starting Jan 11<sup>th</sup> - February 15<sup>th</sup>.
- Mileage Club during lunch. Starting in January.
- Volleyball Family Night Friday January 27<sup>th</sup> 6:30-8:00pm.
- Iditarod Family Challenge in February or March.

Just a reminder that you must be signed up for Fuel Up To Play 60 and have a badge to participate. See Mrs. Gurney or Mrs. Kerr if you have any questions.