October is by far the favorite time of year amongst the Mark Green Sports Center staff. In-between teaching classes, handling administrative tasks, and cleaning exercise equipment, the staff around here has been planning this year’s Halloween festivities for the Sports Center. The Halloween spirit is alive and well, and we cannot wait to see this excitement trickle down to everyone at the Sports Center with the Group Exercise Spirit Week and Costume Contest later on this month. Within the month of October, we also have a free workshop dedicated to teaching seniors how to use their technology devices. This workshop is run by young volunteers from our own community and has been positively received in the past.

Of course, we could not forget about the fitness component of this newsletter. We thought it would be a good idea to include some tips to navigate this month and the cravings that come along with it. After all, many of people worked so hard to improve their fitness this past Summer, we want to help keep that momentum going. We also wanted to take time to highlight everyone who took part in the September fitness challenge, which was meant to honor those heroes who sacrificed everything on 9/11. Lastly, we end this newsletter with an invitation to two of our departments annual Halloween events. We hope you enjoy!
HALLOWEEN EVENTS AT THE MARK GREEN SPORTS CENTER

We’ve always taken Halloween quite seriously around here. What’s not to love? You get a chance to escape reality for a short while and become someone completely different. Or you can just dress up and earn some raffle tickets for some potential prizes at the MGSC! Raffles will be held the day after Halloween and announced on our Instagram account @markgreensportscenter.

1. Group Exercise Halloween Spirit Week (10/22 - 10/30) - We are starting the Halloween festivities a bit earlier this year with the Group Exercise Spirit Week! This year our Group Exercise instructors are coming up with a theme for a specific class in the week leading up to Halloween (see our spirit week schedule at the MGSC). Everyone who dresses in the theme for that class will earn a raffle ticket. You can participate in as many themed classes as you’d like to earn more tickets!

2. Halloween Costume Contest (10/31) - On Halloween Day, come into the MGSC in a costume and you’ll earn a raffle ticket. Any theme goes!

GX SPIRIT WEEK SCHEDULE

SUNDAY | 10/22
- Yoga - Jessica | 9 am - 10 am | Theme: Rockstar

MONDAY | 10/23
- Fab Fit - Carmen | 9:45 AM - 10:45 AM | Theme: Barbie Pink

TUESDAY | 10/24
- Zumba - Olive | 6:30 PM - 7:30 PM | Theme: 80's

WEDNESDAY | 10/25
- V-HIIT - Veronica | 8:30 AM - 9:30 AM | Theme: Sports
- Zumba - Olive | 10 AM - 11 AM | Theme: 80's
- Tai Chi - Mike | 1 PM - 2 PM | Theme: Halloween

THURSDAY | 10/26
- Rock n Roll Aerobics - Mike | 10 AM - 11 AM | Theme: Halloween

FRIDAY | 10/27
- Zumba - Monica | 8:30 AM - 9:30 AM | Theme: M & M’s
- Total Body Fit - Veronica | 9:45 AM - 10:45 AM | Theme: Sports

SATURDAY | 10/28
- Zumba - Lewis | 11 AM - 12 PM | Theme: Blast from the Past

MONDAY | 10/30
- Bombay Jam - Anila | 6:30 PM - 7:30 PM | Disco Dance

HALLOWEEN DAY

TUESDAY | 10/31
- All Sports Center Members - Any Costume/Theme!

SENIOR SUPPORT NETWORK - HELPING SENIORS WITH THEIR TECHNOLOGY - FREE WORKSHOP

Event: 10/14/23 | 10 AM - 12 PM | Classroom B

Do you need personalized help with your Apple or Android device? The Senior Support Network (SSN) is here to help! The SSN is a non-profit organization with the goal of helping seniors. They have hosted free workshops at the Ruggieri Senior Center and the Mark Green Sports Center in Union City in the past. The upcoming workshop differs from past workshops only in that we are asking members to register ahead of time. If you are interested in participating in this free workshop, you can either scan the QR code below and enter your information, or you can call or visit the Mark Green Sports Center front desk. On the day of the workshop, make sure to come on time, and bring the device that you are having trouble with. Our volunteer instructors are excited to help!

WAYS TO REGISTER:
1. Scan the QR code with your smartphone camera.
2. Click the QR code (if viewing on a desktop).
3. Visit the MGSC front desk.
There is a wide variety of nutritional benefits that pumpkin has to offer. Not only is it rich in fiber, but pumpkin is also an excellent source of vitamins A, E, C, K, and B6 while also packing in minerals like calcium, iron, zinc, magnesium, and more. Pumpkin is technically a fruit, but it has a nutritional profile mirroring a vegetable. It is important to keep in mind that all of these benefits are true for pumpkin itself, and not all pumpkin-flavored foods.

While cooking pumpkin into soups and sweets are among the most common ways to enjoy the fruit, sometimes we want to enjoy the benefits in a less time-consuming way. Two of the best ways I personally like to use pumpkin, is by mixing it into two popular fitness staples: oats and protein shakes. It is a great-low calorie way to hit your fiber goals for the day while packing your meal with more micronutrients and flavor.

If you are going opt for that pumpkin flavored drink, especially at a popular coffee chain like Starbucks, some ways you might be able to modify your caloric intake (if available) is to: replace the milk with almond milk, replace the sweetener with a sugar-free sweetener/syrup, or opt for a pumpkin cold brew verses the latte or Frappuccino. This last option will save you the most calories while still getting that pumpkin flavor you are craving.

Going off of the last point, I always recommend leveraging the benefits of caffeine by strategically drinking it before a workout. Not only can you get in your pumpkin flavored fix, but drinking strategically will help you workout harder and longer.

I want to stress that you can absolutely have that drink or sweet treat if you want it. After all, this season only comes once a year, and as long as you are keeping these treats in moderation, then there is no problem with enjoying them. Take these tips and use them as you see fit. Happy halloween!

A LOOK BACK AT THE 9/11 STAIR CHALLENGE.

Special Thanks to everyone who participate in the 9/11 Memorial Stair Challenge. We extend our gratitude to each and every one of you who attempted and/or succeeded in climbing 110 floors which corresponds to the total number on floors in the World Trade Center’s Twin Towers. By climbing those stairs, you’ve not only paid tribute to the heroes of 9/11 but also demonstrated incredible resilience, strength, and unity.

Stephan F. : 300 Floors
Miriam I. : 405 Floors
Raghu V. : 120 Floors
Vedant S. : 105 Floors
Gabe : 196 Floors
Andre N. : 112 Floors
YOU ARE INVITED

Halloween Community Carnival
Music | Games | Costume Contests | & More!

Join us and a city full of ghost and goblins for a safe, spooky and fun filled evening. Tour our haunted house, play ghoulish games, win wicked prizes, and have some tasty treats. Open to children ages 3-12 (plus parents). Costumes are highly encouraged!

Running Dead 5k Fun Run & Walk
Professional timing | Costume Contests | Zombies!

They’re back! The Zombies are hungry and out for your Flags! Run and dodge your way to the finish line. Award medals are handed out to the 1st, 2nd, and 3rd place winners of each category broken down by age, group and gender. All ages welcome!

HOW TO REGISTER

To register for one or both of these events, scan the QR codes above with your smartphone camera, or visit our website and click on the community events tab, then click the event you want to register for.

(510) 675-5808
www.unioncity.org/crs

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