

ymca men's shelter

This month we shine a spotlight on a place instead of a person - the YMCA Men's Shelter at 40 West Long Street in Columbus. Many of us don't realize all the good our membership dollars do for others and all the lives we touch without knowing.

The mission of the Men's Shelter is to support and strengthen the community by addressing the needs of those experiencing homelessness by providing immediate shelter and a safe environment to individuals seeking assistance while they resolve their housing crisis.

They protect basic human rights and meet human needs by providing safe

shelter. They instill hope and provide support to our guests for their long-term success through empowerment, community engagement and teamwork. Their main objective is to offer the assistance and support needed to stabilize and maintain independent housing while providing access to those supportive services needed in order to achieve the highest possible standard of living. This space has been especially needed during the pandemic. Those experiencing homeless have been particularly vulnerable during the crisis due to the fact that shelters are typically crowded with not a lot of personal space. The space at the Men's Shelter allowed an additional 200 people in the community to find shelter as other facilities worked to enforce greater social distancing.

Services offered by the Men's Shelter include:

Case Management Employment Support
Meal Service
Housing Search Assistance

You already help this great cause with your membership dollars. However, if you wish to go a step further, donations are always welcome and needed:

Hand Sanitizer
Shampoo/Body Wash Bottled Water
Towels & Washcloths Clorox Wipes
Face Masks

top ten active older adults!



Becky Z. - 26 visits

Jerry Z. - 26 visits

Carol C. - 22 visits

Paul L. - 22 visits

Tina L. - 22 visits

Richard G. - 22 visits

Sharelle H. - 19 visits

George W. - 18 visits

Larry D. - 15 visits

Elsie S. - 15 visits

Member Contest

Scan and win! The top 10 Members with the most scans during the month of March receive



a FREE water bottle.



news & updates



Child Watch grows to meet member demands

We added Monday evening and Saturday morning Child Watch hours to meet demands of our members. In addition to our regular Monday, Wednesday and Friday schedule of 8:45-11:45am we added Monday evenings from 5:30-8pm and Saturday mornings from 9-11am.

Visit [our website](#) to learn more about how to register for Child Watch and the rules of the program and special safety precautions taken during the

pandemic. We are so proud to serve our members.

YMCA Swim Team returns this Spring

We are excited to announce that our PICY Piranhas Swim Team will return this spring. Practices are tentatively scheduled to begin in early May with meets beginning in late May. Stay tuned to our website and social media for additional information as it becomes available. Our members will also receive email updates as well.

Daylight Savings Time Begins on March 14

Make sure you spring forward an hour as Daylight Savings Time starts on March 14. You want to be sure to be at the Y on time for the Group Exercise classes Monday morning!

First Day of Spring is March 20

Is there anyone that isn't excited about Spring this year? It has been a tough year with a cold, snowy winter. March 20, 2021 marks the Spring Equinox! Those increased minutes of daylight gives us more of a chance to partake in them. Studies show natural light boosts your body's vitamin D storage, leads to higher productivity, benefits vision, helps you sleep, and improves your mood.

Now hiring Lifeguards and Swim Instructors

Now hiring Lifeguards and Swim Instructors. No experience necessary. Training provided by the YMCA of Central Ohio. Must be at least 15 years old to apply.

[Apply Today!](#)



fitness challenge



March Fitness Challenge: Try Jacob

Looking for something new for your workout? Add time on the Jacobs Ladder into your routine. Located on our high-intensity interval training loft (HIIT Loft), make it a component of your normal cardio time, or push yourself by adding it to your interval training.

One way to add it as part of an interval session is to get on Jacobs Ladder for one-minute or two-minute spurts, trying to get 100 steps or 200 steps, respectively, in those time frames. You will definitely feel it.

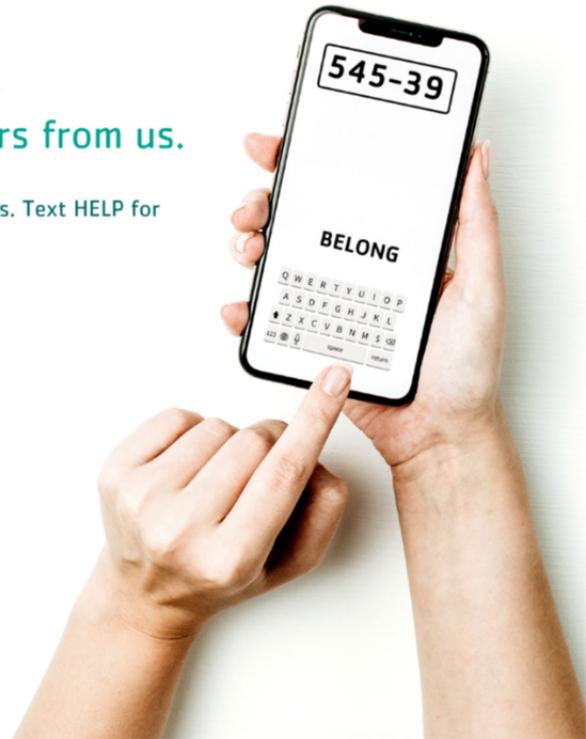
As with adding any new component to your fitness routine, check with your doctor first to see if this is right for you.

LET'S TEXT!

Stay in touch with facility updates, announcements and other reminders from us.

Message and data rates may apply. Message frequency varies. Text HELP for help. Text STOP to cancel.

**TEXT 'BELONG'
TO 545-39 TO
OPT IN**



try it! recipe of the month



The Best Homemade Salsa Recipe

How To Make Delicious Salsa: Secrets of making the Best Homemade Salsa Recipe! This restaurant style salsa recipe is loaded with flavor, has an amazing texture, and a secret ingredient.

Prep Time: 5 mins

Total Time: 5 mins

Course: Appetizer, Snack
Cuisine: American, Mexican

Servings: 20 (5 cups) **Calories:** 19kcal

Author: Sommer Collier

Ingredients

- 4 ripe tomatoes, cored and quartered
- 1 red onion, peeled and quartered
- 3 garlic cloves, peeled

- 3 jalapenos, stemmed and seeded (you can substitute 1-2 habanero or serrano peppers.)
- 1/3 cup fresh cilantro
- 3 tablespoons fresh lime juice
- 2-3 teaspoons ground cumin
- 2-3 teaspoons sugar (optional)
- 1 1/2 teaspoons salt
- 15 ounces crushed San Marzano tomatoes (1 can)
- 4.5 ounces diced green chiles, mild, medium, or hot (1 can)

Instructions

- Place the fresh tomatoes, onion, garlic, peppers, cilantro, lime juice, 2 teaspoons cumin, 2 teaspoons sugar (if using), and salt in a food processor. Pulse until the contents are fine and well blended.
- Pour in the crushed tomatoes and green chiles. Puree until mostly smooth. Taste, then add more cumin and sugar if desired. Refrigerate until ready to serve.

Notes

- If refrigerated in an airtight container, this salsa should last 10-12 days.
- **Spice Level** - If you are sensitive to spicy heat, reduce the jalapenos to 1 pepper. Also, I love cumin, however, some people are sensitive to it. You can reduce the cumin to 1 teaspoon if needed.

Nutrition

Serving: 0.25cup | Calories: 19kcal | Carbohydrates: 4g | Protein: 0g | Fat: 0g | Saturated Fat: 0g | Cholesterol: 0mg | Sodium: 230mg | Potassium: 150mg | Fiber: 0g | Sugar: 2g | Vitamin A: 305IU | Vitamin C: 11.3mg | Calcium: 17mg | Iron: 0.6mg



virtual ymca

Can't make it to the YMCA? No problem, our Virtual YMCA is always available to help you meet your goals, learn new things and participate in fun activities!

Workout at Home

Adults ages 50+

Kids & Families



Schedules & Reservations



Register for Programs



Contact Us



Download our free [mobile app](#).

PICKAWAY COUNTY FAMILY YMCA

440 Nicholas Drive | Circleville, OH 43113 | (614) 389-4650

We like to communicate with you in ways that work for you.