

September 2024

This Month...

- **CLOSED** Labor Day Monday, **September 2**
- Coffee With A Cop **Monday, September 9 at 10:30AM**
- Final Expense Seminar **Tuesday, September 10 at 11:30AM**
- September Luncheon **Monday, September 16 at 12:00PM**
- AARP Driver Course **Tuesday, September 17 & Wednesday, September 18 from 11:30AM - 3:30PM**
- **FREE** Craft With Railside **Thursday, September 19**
- Medicare Made Simple **Monday, September 23 at 12:00PM**
- Versiti Blood Drive **Tuesday, September 24** *www.versiti.org
- September Pizza & Bingo **Wednesday, September 25 at 12:00PM**

Please call or visit the front desk for preregistration & additional information.

www.byrontownshiprec.org
616.878.1998

Kodiak Pumpkin Muffins (Easy High Protein)

Ingredients:

- 2 cups Kodiak buttermilk pancake mix
- 1 tsp cinnamon
- 1.5 tsp pumpkin spice
- 1 tsp baking powder
- 1/4 tsp salt
- 1 banana mashed
- 1 cup pumpkin puree
- 1/3 cup plain Greek yogurt
- 2 tsp vanilla extract
- 2 eggs
- 1/2 cup honey
- 1/4 cup avocado oil
- brown sugar (optional) for sprinkling the tops of muffins



Instructions:

1. Preheat oven to 350 degrees.
2. In a large bowl, combine pancake mix, cinnamon, pumpkin spice, baking powder, and salt. Mix well until fully combined.
3. In a medium bowl, combine mashed banana, pumpkin, plain Greek yogurt, vanilla extract, eggs, honey, and oil. Mix well until fully combined.
4. Slowly pour wet ingredients into the large bowl with the dry ingredients. Stir until combined well.
5. Line a muffin pan with cupcake liners or use a silicone muffin pan. Fill muffin wells evenly with pumpkin muffin batter and then smooth the top.
6. Sprinkle the top of each muffin with a pinch of brown sugar.
7. Bake for 18-20 minutes or until a toothpick or fork comes out clean.

fall **Fitness**

- We have fitness classes!!! & all classes are just a \$5 drop in.
- Silver Sneakers members get 1 FREE fitness class per week.
- If you would like to take a fitness class, please check in at the front desk prior to class starting.
- You don't have to be a member of the Rec Center to take a fitness class.
- Get a list of fitness classes from the front desk or visit our website for more information.