

February

This Month...

- Comic Con **Saturday, February 1**
- Free Intro to Boxing Class
Monday, February 3 @ 5:00PM
- Tuesday, February 4 @ 8:00AM**
- Thursday, February 6 @ 6:00AM**
- Thursday, February 6 @ 1:00PM**
- Kids Paint Party **Saturday, February 8 at 10:00AM**
- Coffee With A Cop **Monday, February 10 at 10:30AM**
- February Luncheon **Monday, February 17 at 12:00PM**
- FREE Craft Time **Thursday, February 20**
- Versiti Blood Drive **Tuesday, February 25** *www.versiti.org
- February Soups & Sandwiches & Bingo **Wednesday, February 26 at 12:00PM**

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

www.byrontownshiprec.org
616.878.1998

NEW FITNESS CLASS!!

BOXING: A 45 minute full body workout. This class is an introduction to boxing that will show you what boxing is all about. From warm up drills, shadowboxing & rounds on the bags to strength training.

Don't be scared to try it out! It's a great way to burn calories and have some fun or even knock out your stress.

Homemade Pop Tarts

Ingredients:

- 2 Refrigerated Premade Pie Crusts (at room temperature)
- Strawberry Jam
- 1 Egg

Icing:

- 1/2 Cup of Confectioners Sugar
- 2 Tbsp of Milk
- 1/2 Tsp of Vanilla Extract
- 1 Drop of Red Food Coloring
- Sprinkles

Instructions:

1. Preheat oven to 400°F
2. On parchment paper or a counter with flour unroll the premade pie crust.
3. Using a heart cookie cutter start cutting heart shaped pieces and place them onto a parchment lined cookie sheet. Knead remaining pie crust and roll it out to about 1/8 inch thick and cut the remaining hearts.
4. On half the hearts place one tablespoon of jam in the center of the heart. It does not need to be perfectly spread. It will even out when baking.
5. In a small bowl beat an egg for your egg wash. Brush the inside edges of your heart.
6. Place a heart cut out on top. Now seal the edges together with a fork and press down to crimp the edges around the whole heart.
7. Use the fork to poke some holes into the top of the pop tart to release steam. Brush the pop tarts with the egg wash.
8. Bake at 400°F for 10-12 minutes
9. Cool on a wire rack.
10. While cooling make the icing. Whisk together confectioner's sugar, milk and vanilla. Once the consistency is smooth add one drop of red food coloring.
11. Using a spoon add icing to the top of the pop tart. Use the back of the spoon or a small spatula to smooth it out. Top with red and pink sprinkles.

