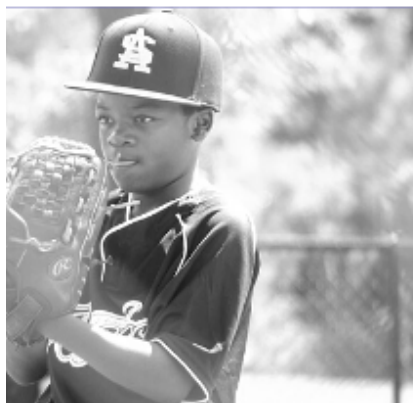




ST. ANDREW'S WEEKLY REPORT

MAY 2020



IN THIS ISSUE

**CELEBRATING 75 YEARS
OF PARKS, RECREATION,
AND WELLNESS**

**MEET THE INSTRUCTOR:
MARIAN GREELY**

**RECIPE CORNER: NO-
BAKE BIRTHDAY CAKE
PROTEIN BITES**

**PARKS & PLAYGROUND
UPDATE**

Celebrating 75 Years of Parks, Recreation, and Wellness!

*by The St. Andrew's Parks and Playground
Team*

For 75 years St. Andrew's Parks and Playground has enriched lives through parks, recreation, and wellness in Charleston, South Carolina. Today is a day for reflection—as we look back through the years on our 75th anniversary with our teammates and community. If you would like to share your own story, please e-mail customerservice@standrewsparks.com or send us a message on Facebook by clicking [here](#)!



"Personally, I am so proud to be a small part of the 75 year heritage of St. Andrew's Parks and Playground. It warms my heart to hear so many stories of community members who have grown up at the Playground, or of their kids and grand-kids who grew up here. Even through this pandemic, we continue to enrich lives through our parks, recreation and wellness."

by Kevin Walsh, St. Andrew's Parks & Playground's Executive Director

"I love working at St. Andrew's because of the relationships that I get to build with the families that participate in our sports programs. I have the privilege to watch kids learn and develop skills on the fields and courts that will last them for a lifetime."

Joshua Singleton, St. Andrew's Parks and Playground Athletic Director

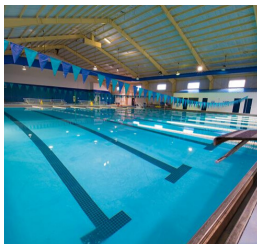
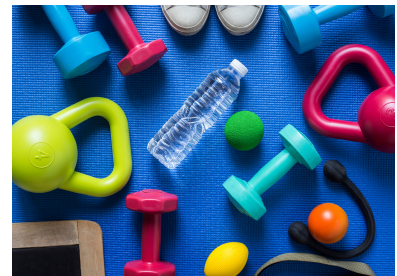


"I have worked at St. Andrew's for over 20 years. I have loved all of the past and present teammates that have become part of my extended family- and the amazing families that I have been able to serve over the years through parks and recreation programs!"

Joddi Collins-Gray, St. Andrew's Parks and Playground's Recreation Superintendent

"I am so thankful for St. Andrew's Parks and Playground and St. Andrew's Family Fitness Plus! Everyday I'm able to help change lives through health and wellness- there's no better job than that!"

Emma Clark, St. Andrew's Family Fitness Plus! Fitness Director



"I love the community! The atmosphere in the aquatics department is fun and laid back, but the members are dedicated- which is the best of both worlds."

Kim Coury, St. Andrew's Family Fitness Plus Aquatics Coordinator



Meet the Instructor: Marian Greely

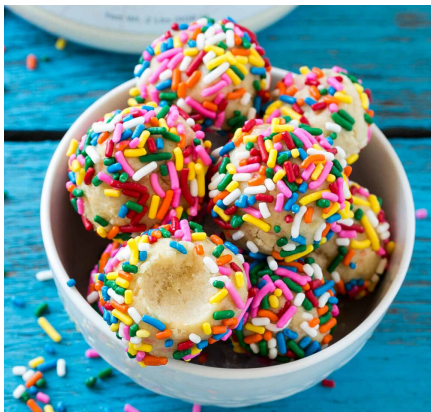
by Emma Clark, St. Andrew's Family Fitness Plus
Fitness Director

Meet Marian Greely!

Marian has been a SAFFP aquatics instructor for a decade! You can find her every Monday and Thursday (pre-pandemic) teaching her upbeat Rise and Shine 9 am shallow water class with a great group of dedicated participants- some of them have been with her for the full 10 years!

Outside of aquatics, Marian loves to garden, cook, and play tennis. She also enjoys playing Hand and Foot Canasta, visiting with friends, and trying out fun places to eat. She also has a great sense of humor!

Any professional has a "why"- why did they choose their profession, why did they get started in a particular field, etc. Marian's why is because she loves to feel great and wants to encourage others to do the same. If you spend a few moments with any of the people who attend her class, they will tell you that Marian lives out her "why" every single day. We are so thankful to have Marian as an instructor and can't wait for her to start teaching again!



Recipe Corner: No-Bake Birthday Cake Protein Bites

Get in the celebration mood with this fun, easy and healthy recipe! Adapted from [Healthy Fitness Meals](#).

- 3 Scoops all natural Whey Protein (vanilla flavor works best!)
- 2 Tbsp coconut sugar
- 4 Tbsp Coconut Flour
- 2 ½ Tbsp Coconut Oil melted
- 6 Tbsp Water
- ¼ Cup Sprinkles or mini dark chocolate chips (optional)

Place the protein powder, sweetener, coconut flour, coconut oil and water in a bowl; stir until a dough forms. You may need to add more water, 1 teaspoon at a time until desired consistency is reached. Form tablespoon-sized balls of the dough. Place the sprinkles on a plate and roll the balls in sprinkles. Refrigerate until ready to eat.

Parks & Playground Update

by Kevin Walsh, St. Andrew's Parks & Playground's Executive Director

St. Andrew's has entered into Phase 1 of a 4 phase plan with dates to be determined by the CDC and Governor's office. We are still planning on holding a modified version of summer camps and we will be ready to open our fitness center when restrictions are lifted. We are also hoping to have some version of spring sports, even if it runs a little into the summer. Of course, the safety of our customers and employees will be of utmost concern.



Social Media Showcase

by Desmond Jefferson, St. Andrew's Parks & Playground's Afterschool and Camps Director

With our newest social media platform, YouTube offers a nice variety of recreational wellness videos to enjoy with your family. From backyard baseball tips, to meditation, and everything in-between- St. Andrew's Parks and Playground has something for all ages and interests! Make sure to subscribe to our channel for new video releases and updates- just click the logo!



Sponsor Spotlight

Supporting those who support us!



LEAGUE SPONSOR 5-6 T-Ball
7-8 Coach Pitch

www.harristeeter.com

thank
you



5-6 Coach Pitch Baseball



1942 Sam Rittenberg Blvd. Unit A • Charleston, SC 29407
843-225-3958 • www.fiveeighthseams.com

5-8 Coach Pitch Baseball

www.fiveeighthseams.com