



ST. ANDREW'S WEEKLY REPORT

MAY 2020



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PARKS & PLAYGROUND UPDATE

Our Parks and Playground administration office resumed normal business hours this week (8:30 am-5:30 pm) and St. Andrew's Family Fitness Plus! will resume normal business hours next Monday, May 18th beginning at 5 am.

To see the full 4 phase Return to Work and Play reopening plan, please visit our website by clicking [here](#). Phase I of St. Andrew's Family Fitness Plus Return to Work and Play plan will be released tomorrow morning via social media and e-mail, so be on the lookout!

St. Andrew's Parks & Playground is reopening!

That's right St. Andrew's community, we're back and ready for you! We have implemented a 4 phase Return to Work and Play reopening plan that follows CDC, federal, and state guidelines for our parks and facilities.

Our maintenance team worked hard during the shut down and we hope you will enjoy the many changes- especially to St. Andrew's Family Fitness Plus! Some of the changes to the facility include:

- New paint/light fixtures in locker rooms
- Deep cleaned sport court and black mat flooring
- Outdoor landscaping around the facility
- No-touch paper towel dispensers and spray bottles to clean workout equipment and machines
- Safely spaced equipment

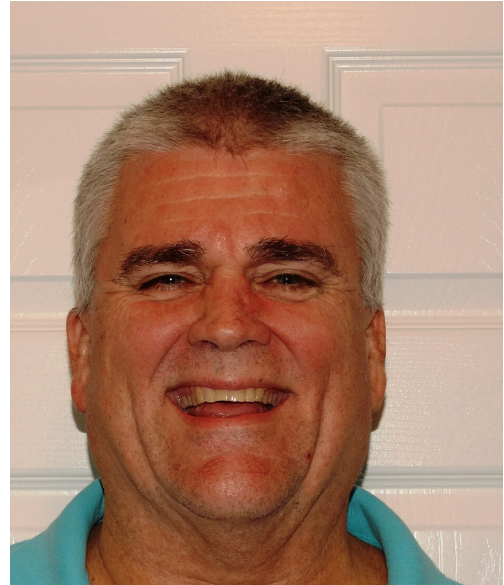
Meet the Instructor: Mark Jackson

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

Mark Jackson has been a cycle instructor for 15 years- he is certified as a SPIN instructor, Schwinn Cycle instructor, Lemond Cycle instructor, ACE Group Fitness instructor and an ACE Personal Trainer! Besides being an avid cyclist, Mark also enjoys skeet shooting and reading.

Two fun facts about Mark: He was born where they film "Swamp People" and built a monster truck and got stopped driving it down Dorchester Road!

Mark's passion for cycling isn't just personal- he loves sharing it with others. "I've seen it take people from scared, unhealthy, introverts and make them into vibrant, healthy, people who LOVE to be with others. It has saved many of us, including myself, from a variety of negative things." Mark states. " I started my journey on a bike 15 years ago, 125 pounds heavier with high-blood pressure. I no longer take blood-pressure medicine, I'm 125 pounds lighter, and both my cardiologist and my neurosurgeon have both said if I wasn't on a bike - I wouldn't be walking!" You can find Mark in the FFP Cycle Studio every Tuesday and Thursday at 5:30 pm when group fitness returns to the facility in Phase II of St. Andrew's Family Fitness Plus! Reopening Plan.

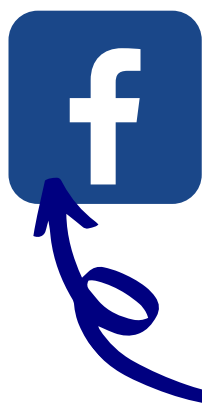


Recipe Corner: Couscous Salad with Tomatoes and Mint

A great summer side dish for any occasion! Adapted from
the [Food Network Kitchen](#)

- 3 cups cherry/grape tomatoes halved
- 2 cucumbers, seeded and diced
- 1 lemon, juiced
- 2 teaspoons salt
- 1 1/2 cups instant couscous (10 oz. box)
- 1/2 cup chopped mint leaves
- 1/2 cup roughly chopped parsley
- 3 scallions, chopped
- 1/2 cup toasted pine nuts (optional)

1. Toss tomatoes, cucumbers, and lemon juice in a bowl with 2 teaspoons of salt
2. Follow directions for cooking couscous
3. Add the tomato mixture, scallions, mint, parsley, and pine nuts to the couscous. Drizzle olive oil over the salad if desired.



Social Media Showcase

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

In this week's Social Media Showcase, we will display our Facebook Page. Be sure to 'Like' our page and share as much content as you desire. Sharing is Caring! Facebook allows us to connect with the community through various Tik Tok videos, early morning HIIT classes, and daily fitness challenges. Click on over, and give us a follow!

Sponsor Spotlight

Supporting those who support us!



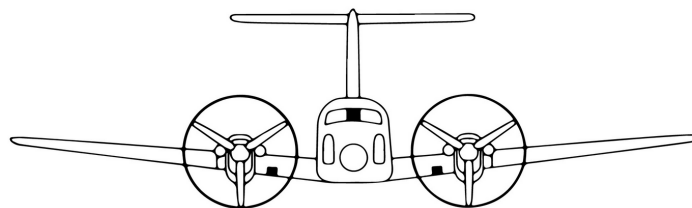
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