

WRC

Winfield Recreation Commission

January 2025

Fitness Classes ♦ Youth Classes ♦ Memberships ♦ Events ♦ Party Rentals ♦ Sports Leagues ♦ Indoor Pool ♦ Open Gym

Fitness-Focused New Year

The start of a new year is the perfect time to reevaluate your fitness and health goals! After the holidays you can feel tired and your fitness routine might have been pushed aside during the hustle and bustle. The WRC is the perfect place to jump back into a healthy lifestyle. If you are new to fitness and your New Year's Resolution is to "start working out", consider changing your resolution to something more specific, for example, "I will work out 3 days a week at the Fitness Center." The WRC has everything you need to achieve your health and fitness goals. View the website for fitness center membership packages, and view the Online Program Guide for full class schedule and class descriptions. Register Online/Office/ Call 620-221-2160.

Indoor Soccer

The WRC is offering youth Indoor Soccer leagues for boys and girls age 3 (as of 9/1/24) through 8th grade. These recreational leagues provide a fun, instructional environment for kids to learn and develop their soccer skills. Practices will begin in late January and games will be played February thru April. Age 3 thru 2nd grade play on Saturdays, 3rd-5th boys will play on Mondays or Thursdays, 3rd-5th girls play on Thursdays and 6th-8th play on Tuesdays. Once games begin, there will be no practices. Shin-guards are required for all participants. All games will be played at the Joe Thornton Rec Center. Registration is being accepted now and the deadline to register is January 9th, Fee is \$20. You can register late until January 17th with a fee of \$30 after January 9th.

Get Fit with the Winfield Recreation Commission

Group Fitness

Adult Aquatics

Fitness Classes

Spin Classes

Aerobics for 50+

*View Online Brochure

Fitness Center

Treadmills, Ellipticals, Bikes

Free Weights

14 - Station Life Fitness Equipment

*Visit the FC for a tour!

Open Gym

The Winfield Recreation Commission offers free open gym to the public. You do not have to be a Fitness Center member to use the gym and it is FREE. Many people choose to walk in the gym because it provides a warmer place to walk during the colder/rainy months. You can usually find large groups of children utilizing the gym during days out of school, giving them the ability to stay active. Whether you want to shoot hoops, jog or walk there is something for everyone in the WRC Open Gym. Basketballs are available for free use or you can bring your own. The WRC offers drop in pickleball, which is a fast growing sport in the community and nationwide. Pickleball is completely free and equipment is provided. Drop In Pickleball is offered Monday-Fridays from 8:00-10:00 am. The WRC welcomes the community to utilize the gym and stay active!

Photos: A group walks, friends enjoy drop in pickleball



Daddy/Daughter Date Night

Join the WRC on Feb 23rd for this special evening for the little princess (ages 4-10) and her special guy. We start the evening with a dinner complete with dessert. After dinner, we will turn on some music and dance. Everyone will have a great time dancing with their special someone and friends. Cost is \$13 per person. Limited to the first 200 people.

Upcoming Events Calendar

Winter Session Begins	Jan. 6th
FC Open House	Jan. 4th
Youth Indoor Soccer Deadline	Jan. 9th
Adult Indoor Soccer Deadline	Jan. 30th
Daddy/Daughter Date Night	Feb. 23rd
Spring Break Opportunities	March 17th - 21st



Health & Wellness ♦ Mental health and “Food for thought”

Only Someone who has suffered from memory loss can understand the frustration of not being able to remember the significant and insignificant details of life. From forgetting mundane things like where you kept your glasses to factual details like names, birthdays, anniversaries, and other key events—memory loss can lead to many embarrassing situations. While many people associate memory loss with aging, certain ailments, medication, injuries, can also result in serious loss of memory. However, memory loss because of aging is qualitatively different from memory loss due to an illness.

So, why exactly do older people have this problem? The answer lies in the fact that the brain, much like any other organ in the body, goes through wear and tear through years of use. This may lead to the brain losing some of its sharpness and changes in the way it stores and processes information. Also, after a certain age, we begin losing brain cells and our bodies stop producing optimum level of chemicals needed for the brain to function. This may also lead to memory loss as we grow older.

Types of Memories— Human memory can be very broadly classified into short term or working memory and long-term memory. These two broad categories can be further sub-divided into various categories. Short Term Memory: short term memory is information you keep in mind for a very short time. It lasts less than a minute and has limited capacity. The information stored in short term memory is either passed on to the long-term memory after a few seconds or discarded from the brain altogether. Long Term Memory: It refers to the information stored in your brain over a long time. It may include information from a few minutes ago to memories from your distant past. Recent long-term memory refers to events that happened in the recent past, such as names of people you met recently or the outfit you wore yesterday. Remote long-term memory records the distant past such as memories from your childhood. Aging does not affect short term or remote long-term memories. It is the recent memories that aging brain cells find difficult to store. So, while you may not remember what happened in your favorite soap yesterday or a conversation you had in the morning, you'll be surprised at being able to recall events from your childhood down to the very last detail.

What can you do? You can follow a three-pronged approach to overcome memory loss—keep your mind and body active through mental and physical exercise, eat foods that aid memory retention, and take memory enhancing supplements.

Move Those Muscles Stimulating your brain muscles through mental exercises or brain aerobics for 30 minutes to an hour everyday helps memory retention. Brain aerobics or mental gymnastics include activities such as singing songs, solving crossword or jigsaw puzzles, reading books or newspapers, learning a new language, acquiring computer skills, memorizing shopping lists, discussing news and current affairs, playing board games, and engaging in hobbies such as music or art. Keeping your body fit through regular physical exercise also helps sharpen your memory. Exercising regularly supplies oxygen to the brain and reduces the likelihood of ailments that may lead to memory loss. Moreover, walking is believed to regenerate brain cells.

Food for Thought Supplementing your healthy diet and regular mental and physical exercise with the right kind of memory vitamins supports mental wellness. These memory supplements and memory vitamins come packed with specific nutrients that aid mental sharpness and speed. Some of the memory supplements that aid brain power include Huperzine A, Phosphatidylserine, Vinpocetine, Cognizin, Blueberry Extract, and Vitamin B-12. Memory supplements such as Memory Matrix include the nutritional power of all these substances to keep your brain functioning at an optimum level. Memory Matrix is a doctor formulated and scientifically researched memory supplement that supports mental clarity, there are certain foods that help build better memory. Foods rich in folic acid, B vitamins, omega-3 fatty acids, and antioxidants such as vitamin C, vitamin E and beta carotene have lots of nutritional value for the brain. A diet rich in fruits, vegetables, legumes, whole grains, soybeans, nuts and healthy fats like tuna, salmon, mackerel, and flaxseed oil aid memory retention besides having other health benefits.

Memory Vitamins-Powering Brain Memory retention, cell to cell communication, and healthy blood and oxygen flow to the brain among other things. Just because you are getting older doesn't mean you have to accept memory loss as part of life. Stimulate your brain, get some exercise, eat healthy, reduce stress, stay positive, and take the right memory vitamins to spend your golden years having fun and maintain your dignity. After all, the only thing age should be associated with is wisdom!

TOP 10 FC Members December

1. Ginger Richter
2. Lori Aikins
3. Lance Austin
4. Ashley Chastain
5. Ian Martin
6. Nicole Shea
7. Terri Seidel
8. Heather Barrier
9. Mike Seidel
10. Noah Harris

Chocolate Peanut Butter Protein Bars

1. Line an 8 1/2 X 4 1/2 inch loaf pan with parchment paper, leaving overhang on all sides to make it easier to remove bars from pan
2. Place peanut butter (3/4 c.), protein powder (1/2 c. vanilla), maple syrup (2 Tbsp.), vanilla (1 tsp), and salt (1/8 tsp) in a bowl and mix until well combined; press into the prepared pan.
3. Place chocolate chips (1/2 c. semi sweet) and oil (1 tsp coconut) in a microwave safe bowl. Microwave for 30 seconds, stir. Repeat until chips are completely melted when stirred. Pour over bars, smooth chocolate. Refrigerate until set, about 30 minutes.

WRC Fitness Tip

Select healthier choices to have on standby in your fridge when hunger pains or emotional eating strikes, such as a bowl of fresh strawberries or blueberries.



Wellness Director

Tyler Osborn
624 College
Winfield, KS
620-221-3062

Fitness Center Supervisors

Haley Sparks
Lance Austin
Aritha Paris
Christy Wiebe

Did You Know?

SC Indoor Pool

Lap Swim: Monday-Fridays

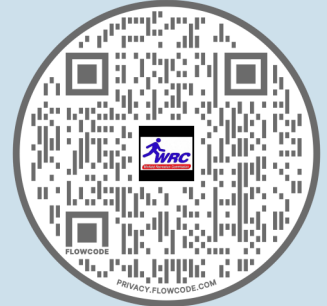
6:00-7:45 AM
11:45-1:00 PM

Open Swim: Monday and Wednesday
Saturday and Sunday

6:00-7:30 PM
2:00-4:00 PM

Pool Parties: Fridays
Saturdays
Sundays

6:00-8:00 PM
10:00-12:00 PM, 12:00-2:00 PM, 4:00-6:00 PM, 6:00-8:00 PM
12:00-2:00 PM, 4:00-6:00 PM, 6:00-8:00 PM



If you would like to reserve the pool for a party or an event please contact us at 620-221-2160 or come by the office at 624 college St.

Helpful Information

Online Registration

The WRC has ONLINE registration for most activities, youth & adult. The online enrollment option makes it convenient for our customers to sign up for adult aerobics, youth classes, & youth sports leagues at any time of the day!

Instructions

1. Go to Winfieldrec.com
2. Select 
3. Create Account

* Keep in mind, once a new session has officially begun, online registration for classes is turned off that way we can monitor if those taking a class have paid or not. At that point we recommend calling or visiting office.

WRC TEXT ALERTS

Sign up for text alerts to receive immediate notifications of any weather cancelations, important notices, deadlines, etc. Text alerts are the quickest way to receive all notices and they can be customized by category. Sign up @winfieldrec.com



Contact Us



@winfieldrec2160



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