



Taste of Pine

**September 29
6:00-8:00 PM**

Enjoy limited samplings of delicious Pine Township cuisine: appetizers, salads, antipasti, sandwiches, wine, desserts and more! Includes wine glass!

Must be 21 to attend. Only 120 tickets will be sold. Tickets **MUST** be purchased in advance by check only.

**Cost before
September 10:**
\$30/person

Cost Sept. 11-24:
\$40/person
\$75/two people

8th Annual Touch-a-Truck Day!

Touch-a-Truck Day is a community-wide event where both children and adults have the opportunity to see, touch, interact with, and learn about many fun vehicles, from fire trucks to backhoes.

Parent supervision is required and cameras are surely encouraged!!



Who: Kids from 1 to 101!

When: Saturday, September 24

Where: Pine Community Center

Time: 1:00-3:00 p.m.

Cost: \$3 Kids under 12
Adults Free

PROGRAMS FOR PRESCHOOLERS

**Lil' Explorers Club
Ages 3-6**

Bring your little tyke to Pine Park Lake and introduce them to nature! Explore the great outdoors through hiking (weather permitting), nature crafts and more!

Dates: Weds, 9/7-9/28
Time: 1:00-2:00 pm
Fee: Members \$12
Non-member \$24

**Muck n Mess
Ages 3-5**

Dress your kids in their play clothes and come ready to get mucky and messy! They will have a blast getting their hands messy while creating art work, completing science experiments and running amuck!

Dates: Fridays, 9/16-10/21
Time: 1:00-2:00 pm
Fee: Member \$36
Non-member \$48

**Storytime
Ages 1-3**

Start your little one's love for reading early! You and your child can spend quality time together getting lost in a new story each week. Games, activities and songs will be incorporated.

Dates: 2nd and 4th Thursday of every month from Sept-Nov
Time: 10:00-10:30 am
Fee: Member \$16
Non-member \$32

**Tot Time
Ages 1-4**

Little ones develop gross motor skills through organized preschool play time. This instructor-led program will guide your tot through fun games & activities to get them exploring movement & developing motor skills.

Dates: 1st and 3rd Thurs. every month Sept.-Nov.
Time: 10:00-11:00 am
Fee: Member \$32
Non-member \$64

Women's Health and Fitness Day

Sunday, September 25

1-4:00 PM

Join the PCC in the promotion of physical activity and health awareness for women of all ages.

- ◆ Nutrition Info
- ◆ Fitness Classes & Assessments
 - ◆ Massages
 - ◆ Self Defense Demo
- ◆ Snacks/Refreshments

Celebrate **National Grandparents Day** at the Pine Community Center!
Sunday, September 11@1:00-4:00 PM

Create lasting memories with games, crafts, snacks & refreshments.



Grandparents: FREE
Members: \$10/grandchild
Nonmembers: \$15/grandchild



Mark Your Calendar

September 6

Fit 'n Focused Boot Camp Begins

September 11

Grandparents Day

September 12

3-Week Fat Blast Boot Camp

September 13, 18, 22, 27

Yoga at the Gazebo

September 20

Kids' Start Smart Begins

September 24

Touch-a-Truck Day

September 25

Women's Health/Fitness Day

September 29

Taste of Pine

September 30

Kids Open Gym Night—Dodgeball

Regular hours begin September 5th: Monday—Friday 6:00 AM—10:00 PM.
Saturday & Sunday 8:00 AM—5:00 PM.

Apple & Grilled Chicken Salad with Cheddar Toasts

ingredients

- 1 pound boneless, skinless chicken breasts, trimmed
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon ground pepper, divided
- 4 diagonal slices baguette (1 inch thick)
- 1/2 cup shredded aged Cheddar cheese
- 3 tablespoons grapeseed oil or canola oil
- 2 tablespoons cider vinegar
- 1 tablespoon whole-grain mustard
- 1 head escarole (about 1 pound), torn into bite-size pieces
- 3 cups sliced sweet, crunchy apples (about 2 medium), such as Hudson's Golden Gem or Honeycrisp
- 1/4 cup slivered red onion

directions

1. Preheat grill to medium-high.
2. Sprinkle chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper.
3. Oil the grill rack. Grill the chicken, turning occasionally, until an instant-read thermometer inserted into the thickest part registers 165°F, about 15 minutes total. Grill baguette slices over the coolest part of the grill until toasted on the bottom, 1 to 3 minutes. Turn over, sprinkle with cheese and cook until the cheese melts, 1 to 3 minutes.
4. Meanwhile, whisk oil, vinegar, mustard and the remaining 1/4 teaspoon each salt and pepper in a large bowl. Add escarole, apples and onion; toss to coat. Slice the chicken. Divide the salad among 4 plates, top each with some chicken and serve with the cheese toasts.

nutritional info

Makes: 4 servings

Serving Size: 3 cups salad, 3 oz. chicken & 1 cheese toast

Per serving: 397 calories; 19 g fat (5 g sat, 4 g mono); 77 mg cholesterol; 28 g carbohydrates; 0 g added sugars; 10 g total sugars; 31 g protein; 8 g fiber; 550 mg sodium; 676 mg potassium.

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