

# PLAN of the DAY



brought to you by Navy Region Northwest Fleet & Family Readiness (FFR)

**FRIDAY, APRIL 24**

Today we're "traveling" to Naval Station Newport for their virtual fitness classes. Home with the kids? Try this no-bake recipe that makes it easy for everyone to take part in making a healthy treat. Close out the day with a self-hug and the on-demand "Preventing and Coping with Stress" podcast with Michelle Dawson. She'll walk you through ways you can take control of your thoughts, emotions and more.

## TODAY'S WORKOUT

**Join our Navy MWR Workout partners at NS Newport!**

Let's go to Newport for the Midday Muscle or BODYPUMP class with instructor Bethany. View the daily schedule and join the Watch Party for free at <https://www.facebook.com/JohnHChafeeFitnessCenter/>

Source: *MWR at Home*

## WHAT'S COOKING?

**Homemade Peanut Butter with Chocolate Shavings Log – Kid-Friendly**

Ingredients: 2 cups raw, shelled peanuts | 1/2 tsp. kosher salt | 2 tsp. honey | 2 oz. of dark chocolate, shaved | 1/2 tsp. cinnamon | stalks of celery | Optional: raisins

Directions: Rinse your peanuts and pat them dry. Add to a food processor: peanuts, salt, honey and cinnamon; then, grind to your desired consistency. Remove peanut butter from the processor and place into a sealable container. Fold in the chocolate shavings. Wash, pat dry, and cut celery into 4"- 6" pieces. Spoon the peanut butter in the channel of the celery; top with the desired amount of raisins.

Source: [commissaries.com/recipes](http://commissaries.com/recipes)

## FAMILY FUN

**The New York Metropolitan Opera House in your living room**

The Metropolitan Opera's "Live in HD" series is available free via online streaming. Nightly performances are available for a period of 23 hours, from 7:30 p.m. EDT until 6:30 p.m. the following day.

<https://www.metopera.org/user-information/nightly-met-opera-streams/>

Source: *Metropolitan Opera*

## FEATURED FLEET & FAMILY SUPPORT PODCAST

With FFSC on-demand podcasts, you can listen to expert advice from support professionals from the comfort and privacy of your home. Today's recommended Podcast selection is "Preventing and Coping with Stress" with Michelle Dawson will talks about identifying sources of stress, how you cope up with stress, and more. See the full library at [www.navylifepnw.com/podcasts](http://www.navylifepnw.com/podcasts).

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