

BROADWAY on the rocks

{ JANUARY EVENTS }

Happy hour ALL DAY MONDAY for BSU Students

- FRI., JAN. 3RD
live music - 5:30-8:30pm; BFD
- SAT., JAN. 4TH
live music - 5:30-8:30pm; Russ & Rachel
- WED., JAN. 8TH
Game Night! Bring your favorite game or play one of ours
Drink Specials • Happy Hump Day
- FRI., JAN. 10TH
Rogue Brewing Sampling 5-7pm • \$4 Pints • \$3 Cans
live music - 5:30-8:30pm; Emily Tipton Band
- SAT., JAN. 11TH
live music - 5:30-8:30pm; Matt Jantz Band
- WED., JAN. 15TH
Game Night! Bring your favorite game or play one of ours
Drink Specials • Happy Hump Day
- FRI., JAN. 17TH
Sierra Nevada Brewing Pint Night & Giveaways 5-7pm
live music - 5:30-8:30pm; Mojo Boogie Band
- SAT., JAN. 18TH
Uncle Val's Gin Sampling, Giveaways & Cocktail Specials 4-7pm
live music - 4-6pm; Mood Swing | 7:30-10pm; Girl in the Garden
- WED., JAN. 22ND
Game Night! Bring your favorite game or play one of ours
Drink Specials • Happy Hump Day
- FRI., JAN. 24TH
Hood River Distillers Sampling 5-7pm • Cocktail Specials all night!
live music - 5:30-8:30pm; Alturas
- SAT., JAN. 25TH
Woodland Empire Sampling 4-6pm
New Brews • Giveaways • \$4 Pints
live music - 5:30-8:30pm; Soul Kitchen
- WED., JAN. 29TH
We are ready for warmer weather! Maui Brewing Sampling
& Pint Specials, with Hawaiian Menu offered all night
live music - 5:30-8:30pm; Sunsmith



wellness CORNER

NUTRITION GUIDANCE
WITH MOLLY TEVIS, RDN, LD

 DIETITIAN'S choice

Every New Year can be an exciting time, bursting with the potential of new beginnings and starting anew in our health and wellbeing. It really can come down to three simple guidelines: eat better, move more, and drink water.

EAT BETTER: This can mean many different things to many different people. Maybe you are following a low carb diet, transitioning to more plant based or just cooking more at home. Pick a lifestyle that makes YOU feel better, not necessarily what your family or friends think worked best for them. Make sure it something you enjoy and can adopt over time. If you find it to be super restrictive or demonizes various foods, proceed with caution.

MOVE MORE: There is no doubt about it, moving more is important for everyone! It does not have to be time spent in the gym or hitting the pavement to run several miles every day, pick something fun and try new activities. Exercise is not just for weight management, it brings so much more to the wellbeing table! Exercise can improve sleep, mood and energy levels. Plus, it can provide time to unwind from daily stressors or engage in social interactions. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week. Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefits.

DRINK MORE WATER: Water is important for nearly every part of your body. It can help improve mood, cognitive function, digestion, nutrient absorption, and excrete waste. If you find yourself struggling to keep up, carry a water bottle with you or have water stationed in areas you spend most of your time such as the car, work space, and bed stand. If the old school 8 cups per day rule of thumb sounds daunting, start small. Aim for 2-4 and build each week. And yes, you may have to urinate more but that is a good sign!

If you're not sure where to start or looking for additional support, schedule your nutrition consult with Molly today (208) 803-2206 or molly.tevis@albertsons.com

JANUARY 2020

HAPPENINGS & EVENTS

Albertsons
1219 BROADWAY



SUN

MON

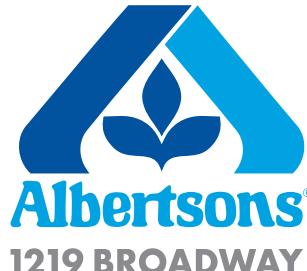
TUE

WED

THU

FRI

SAT



HAPPENINGS & EVENTS

LOW CARB SNACKS

Stop by our dietitian demonstration table for quick and healthy recipe inspiration for 2020!

With only 3 total carbs per serving, try some fun and flavorful ways to enjoy Two Good™ yogurt.



JANUARY 2020



DON'T FORGET AT BROADWAY ON THE ROCKS

Every Monday - Manhattan Monday!
\$6 Maker's Mark Manhattans
(excluded from Happy Hour Discount)

Every Tuesday - Tequila Tuesday!
\$1 off all Tequila drinks, all day

BSU Students - Happy Hour All Day Monday!



CHECK OUT JANUARY EVENTS ON BACK

5 DIRECTV NFL TICKET
Do not miss any of your favorite NFL team on Sunday! Join us for food drink and great company while watching your #1 team!

6 NCAA CHAMPIONSHIP FOOTBALL GAME
Bring your friends and join us at Broadway On The Rocks. Enjoy watching the game with great food, drinks and fun.

7 NEW STARBUCKS DRINKS AND PASTRIES!
Come in and enjoy a new drink or pastry today!
Smoked Butterscotch Latte, Almond Milk Honey Flat White, Coconut Milk Latte, Honey Citrus Mint Tea, Valentine Cake Pops or Red Velvet Loaf Cake.

1 happy NEW YEAR!

Your Albertsons Broadway team wishes you a Happy New Year
Store Hours 6am-10pm



3 TALK WITH A CHOCOLATIER
Come and talk with our chocolatiers as they teach about incorporation chocolate into a healthy lifestyle.
12-pm; Bakery

4 SUSHI ROLLING CLASS
We provide the supplies and fun! Take home your sushi creation!
3-5pm; \$30
Sign up at the Catering desk

12 CHEESE TAPAS CLASS
Take home your own board.
1-2pm; Event Room
Sign up at the Catering desk



13 CITRUS PEAR FOOD PREP CLASS
Healthy, simple, flavorful crock pot or pressure cooker meals to make in this fun, energetic hands on class.
Visit citruspeardinners.com to sign up



16 HANDS ON WITH MOZZARELLA
Follow along with our expert cheesemonger as you make soft and chewy mozzarella to enjoy!
6-7pm; \$15
Sign up at the Catering desk

17 FIRESTONE WALKER DEMO
Looking for a low calorie beer option? Join us at our Firestone Walker demo and try their new hazy IPA.

18 BSU VS UTAH STATE
Basketball at BSU is in full swing! Going to the game? Join us for dinner and drinks before the game. Pizza is always a great hit!
Game time is 8pm.

19 NATIONAL POPCORN DAY
Come in to enjoy a taste of the best popcorn around town! Nuts on Clark offers cheese, butter and caramel flavor. Caramel is the best! Come and try for yourself.
4-6pm; Bakery

20 NATIONAL CHEESE LOVERS DAY
Celebrate cheese lovers day by stopping by our cheese department and have our cheesemonger introduce you to a specialty cheese you have never tried before. Select samples available.

21 CAKE DECORATING CLASS
Learn advanced techniques through hands-on cake decorating and take home your very own decorated 2-layer cake!
6pm; \$20
Sign up at the Catering desk



23 FLORAL CLASS
Join our floral experts as they teach how to create a beautiful hand tied bouquet.
6-7pm; \$30
Sign up at the Catering desk

24 CITRUS PEAR FOOD PREP CLASS
Healthy, simple, flavorful crock pot or pressure cooker meals to make in this fun, energetic hands on class.
Visit citruspeardinners.com to sign up

25 NATIONAL IRISH COFFEE DAY
Celebrate Irish Coffee day with either a warm and toasty drink from Starbucks or try an Irish Coffee truffle made by our Chocolatiers.

26 HOT WING EVENT
Join us today and sample our chef inspired hot wings and get your pre-order for the Big game. Place your wing order with Catering today.
10am-8pm

27 CHARCUTERIE CLASS
Join us as we teach you how to create a beautiful charcuterie platter. Take home your exquisite creation and wow your friends and family.
6-7pm; Seats limited
Sign up at the Catering desk

28 STARBUCKS BIG GAME WARMING OFFER 1/28-2/3
Free grande hand crafted beverage with a purchase of any breakfast sandwich, including sous vide egg bites.



30 3 CREEKS BREWING DEMO
3 Creeks Brewing from Sisters, OR will be sampling a few of their specialties. Try before you buy!
4-6pm; Beer Dept.

31 100' SUPER SUB SANDWICH
Italian sub on fresh baked bread from our scratch bakery. This will be available Sunday, Feb. 2nd at 10am until it's gone. Pre-order your 5ft. Section today just in time for Superbowl. \$0.75 per inch

