

# THE MAVERICK MESSENGER

DECEMBER 2010

**CELEBRATING 30 YEARS OF HEALTH & FITNESS IN ARLINGTON**



## DECEMBER NEWS

Tis the season and it's party time all over again!! Just coming off the Thanksgiving Feast and Octoberfest, it just doesn't seem to end. But then, who wants it to?? We've still got the Christmas party coming up on Wednesday the 15th. Details to follow. These social events at the Maverick have been so much fun and laughter is heard everywhere. What better medicine than laughing and enjoying the company of our fellowman. Your New Year's resolution can be a cup of kindness mixed with making the trek to the Maverick. Great combination.

As we are about to complete our orbit around the sun, we reflect on this past year of the ups and downs of our weight as well as making it to the gym. Try to fit one hour a day or at least three times a week to work out for your own good. I've heard so many testimonies about how much better people feel mentally and physically. By the way, the handle on your recliner does not count as an exercise machine! Meanwhile, watch the dips, drinks and desserts - the gooey, delicious extras that can derail even the healthiest person. But by all means, please have a very Merry Christmas and a healthy and Happy New Year! See you in 2011.

Joanie Lovell  
Group Exercise Director

## MEMBERS THANKSGIVING FEAST

We had a great turnout for the Thanksgiving feast just one day before the actual "day". No one got tired of turkey since a lot of members went back for seconds! A huge thanks to all who brought a side dish to share. Everything was delicious and there were full bellies to show for it! The Member Christmas dinner is next, more information on the back.





### **MAVERICK CHRISTMAS PARTY**

Mark your calendar for the Christmas Party Luncheon on **Wednesday the 15th at 11:45am**. There will also be a Chinese Gift Exchange after lunch, so stick around. If you desire to participate, bring a gift valued about \$10. This is a lot of fun and we hope you all will be able to attend. The Maverick will provide the main entrée again so please bring your favorite side dish (salad, casserole, vegetables) or your best Christmas dessert to share with everyone else.



### **Maverick Holiday Racquetball Shootout December 11, 2010**

Join us for the last racquetball tournament of the year, the Maverick Holiday Racquetball Shootout. This is a USAR/TXRA sanctioned event. Mixed Doubles will be played on Friday night, December 10th. Saturday-December 11th all the singles and doubles will be played. More information on our website or entry forms available at the front desk. Any questions please contact Leo Vasquez (817)-275-3348.

### **TRY SOMETHING NEW AT THE MAVERICK**

- ✓ PLAY SOME BASKETBALL
- ✓ TRY SOME WEIGHT MACHINES
- ✓ WALK ON THE TRACK
- ✓ TRY A 5:30AM GROUP CLASS
- ✓ TAKE A MARTIAL ARTS CLASS
- ✓ PLAY SOME RACQUETBALL



### **New Year's Eve Party!**

Every year the fitness instructors get together and give a holiday party for all our seniors and members who have attended our classes. This gives us more time to spend having fun and not instructing everyone on what to do. Actually, we are inviting ANYONE who wants to come.

Instead of a Christmas party due to conflicts with the Dallas Cowboys game schedule and racquetball tournament, we decided on a New Year's Eve Party on Friday at 11:45 am in the aerobic room. No stairs to climb for this shindig. Yes, it's during the day right after June's 10:30 class. It will be casual and some fun entertainment. We will supply the goodies that will bring good luck for the new year. Flyers will be posted soon.

### **BEWARE**

As we deck the halls with the spirit of Christmas, please be VERY AWARE of your surroundings. Lock up your car & home and leave nothing in sight to encourage a break-in. Be extra careful when shopping in malls or walking in parking lots. It's that time of the year when the scrooge can ruin the holidays. Don't let that happen to you!

### **THANKS**

And a gigantic thanks to our Jack-of-all-trades handyman (Dean) for lugging the chairs up & down the stairs, setting up the tables & taking them down for all our events & the clean-up crew for taking care of the mess we made! It's the guys behind the scene who make these parties successful.

### **MEMBERS**

Please let the front desk know if there's a change in your insurance or information. We need to update the paper work and keep the records current. It is imperative that you swipe your card when entering the club.

## **CHRISTMAS LUNCH - FOR ALL MAVERICK MEMBERS**

### **WEDNESDAY--DECEMBER 15, 2010 @ 11:45am**



The Arlington Police Department reports that health clubs and other business parking lots are prime spots for vehicles to be broken into. Help us reduce these opportunities for thefts to occur here at The Mav.

**REMINDER: Do not leave your valuables and purses sitting in your vehicles in plain view. The Maverick is not responsible for lost, stolen or damaged property.**

Every year, 1215 of my relatives are abducted from the Maverick. I don't want to be next. Please use me as you want, throw me around, kick me, I don't care. Just please return me to my home when are done with me. I am here to serve you but my owner gets very mad when I don't report back to work.

Thank You,  
Towels