

THE MAVERICK MESSENGER

JUNE 2011

CELEBRATING 31 YEARS OF HEALTH & FITNESS IN ARLINGTON



JUNE NEWS

As we take the time to celebrate the unofficial start of summer before the middle of the month, let's keep in mind what the heat can do to your body. It's great to get a few minutes of sunshine every day but the humidity can make it feel much hotter than it really is. The most important thing to remember is to drink plenty of WATER to keep your body hydrated. Let's have some indoor fun to stay active and off the couch this summer.

It all starts with your attitude and your desire to stay active. As we all become aware of the signs of aging, we notice that our flexibility and strength are not what they used to be. Stretching and weight-bearing exercises will lay the foundation for enjoying a longer life of lesser aches and pains. To feel you should take better care of yourself is another positive way of thinking. These are the years when the fruits of your healthy lifestyle pay off or the results of poor choices surface. Remain physically active to keep yourself mentally and socially engaged to ward off things such as memory loss. Age is just a number but by taking care of your health and your well-being, you can feel more vital no matter what the calendar or doctor says. This is our "Let's have fun!" issue.

Joanie Lovell
Group Exercise Director

SPLASH DAY

Water, water everywhere! The pool underwent renovation and was emptied and filled to the brim in preparation for water aerobics on Memorial Day. To complete the opening day, there was the annual Splash Day cookout with hamburgers, hot dogs, beer and friends! More social events to come.



photos by Redge Herline

SILVER SNEAKERS DAY

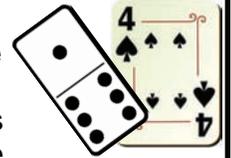
Wednesday, May 18th was designated Silver Sneakers Day throughout the United States. There was a large attendance in class at 10:30 a.m. and it didn't stop with that. A salad luncheon was provided by the members who brought a dish to share. Afterwards a Brown Bag (White Elephant) gift exchange took place. Several exchanges with each other brought even more laughter as there were some ridiculous items in the bags.



photos by Joan Lovell

Social Hour

Have you got the time? We've got the place! Every Thursday afternoon at 1:30 p.m. there will be tables for anyone interested in playing cards, dominoes, board games or even Mahjong. There are already a few ladies "practicing" their Mahjong game and in the process teaching a few others as well. Talk about using your brain! This will definitely ward off the onset of dementia. Of course laughter is involved along with the social interaction with others. Meet in the lounge area upstairs.



DALLAS MAVERICKS



Remember last fall when the Texas Rangers went to the World Series? The whole gym was decked out with members wearing

Rangers t-shirts. Now the Dallas Mavericks are making a good showing in their final quest to win the championship. GO MAVS!

WHAT WAS THAT SMELL?

All of the racquetball courts were re-finished this past month. Even the fans and opened doors couldn't totally get rid of the fumes but workouts continued without a hitch. The courts are in top-notch shape and everyone can use the courts to play dodge-ball, practice your tennis serve, volleyball, basketball and racquetball. We also offer a new game called "Wacquetball", similar to racquetball but played with a foam ball for even more fun.



SIGNS EVERYWHERE

Keep a lookout for upcoming events posted throughout the gym announcing the next "theme" for a Maverick member get-together. The bulletin board is a good source of information. The front desk countertop also has flyers and other news you may want to know. Stay informed and stay active with all the Maverick events. The first day of summer is approaching so be looking for "something fun to happen" this month.

SPECIAL RATES

The Maverick offers special summer rates for students out of school and others who want to take water aerobics. Whatever reasons one may have, let your friends and family know about this. They also make great gifts.

WATER AEROBICS

Are you ready for some water? The Water Aerobics classes are now being held on Mon-Wed-Fri at 8:00am and on Tue-Thur at 5:30pm. The use of water in water aerobics supports the body and reduces the risk of muscle or joint injury. Join us at the pool.

CONGRATULATIONS

Maverick Program Director, Leo Vasquez was recently awarded the USAR Presidential Award in Fullerton, CA. This is presented to the State President who has exhibited outstanding organizational performance and leadership in their state for the sport of racquetball. Leo served as the President of the Texas state racquetball association for 2 years.



SPECIAL SUMMER MEMBERSHIP RATES ARE AVAILABLE
3 MONTH SUMMER MEMBERSHIPS MAKE GREAT GIFTS



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