



THE MAVERICK MESSENGER

AUGUST 2012

WE STILL HAVE TEMPORARY SUMMER MEMBERSHIPS AVAILABLE

Joanie's Corner



It's sizzling out there which is nothing new this time of year! The dog days of summer are approaching and with it can bring the usual humdrum, lack of energy and crankiness attitude. I can easily slip into a dog "daze" mode! This summer has been a whirlwind of vacations and staycations. As we get ready for Back-To-School for the grandchildren and great grandchildren, it's a celebration on our part too. No more books, homework, projects, cramming, teacher's dirty looks, etc., or whatever else you can remember from those days of remembrance. I do miss the first day of school wearing a brand new outfit, carrying new school supplies, butterflies in the stomach and, of course, the jittery nerves of making it to class in time. There was no problem with making new friends, that was the fun part! Same as here at the gym. Maybe a little nervousness of making it up the steps to enroll in the program then mustering up the courage to walk into a workout class being the "new person in town" going in all different directions with two left feet. After a while, things settle into place and we've bonded with friends for life. We've exchanged phone numbers, gone to lunch at the tea room, gathered around the table for donuts and even carpooled together.

Joanie Lovell

BACK-TO-SCHOOL POT LUCK LUNCHEON

Who needs to eat lunch in the cafeteria when you've got the Maverick? Let's get together for a pot luck luncheon without the PBJ sandwiches or thermos of milk. It's always the best



meal of the day when the members/seniors bring their out-of-this-world dish to share with others. Join us at the club **Wednesday, August 15 at noon**. Sharpen your mind because there might be a test given out to get your dessert!

Bring a childhood school picture and we'll post it on the board for everyone to guess who that cute kid WAS (and now a good-looking adult)! Give the pictures to Joanie or there is an envelope at the front desk and be sure your name is on the picture along with the date. It can be any age (5 through 18) but the younger, the better! Everyone is invited to join us, Maverick Members, Seniors and SilverSneakers® members as well.



COOKOUT TIME!

Enjoy the last month of water aerobics before the last class on Labor Day. We will definitely be open for business (but close at 6:00 p.m.) We will have our famous and most popular **Fish Fry cookout on Monday, September 3 at noon**



after the SilverSneakers® class. There will be lots of fish to serve along with \$1 beer. The best part will be the side dishes that our generous members bring to share in the festivity. Flyers will be posted at a later date giving more details.

(And a reminder!) We can officially declare it the end of summer but weatherwise, I don't think so!

HOW MANY TIMES?

Exercising does more good than harm but only working out twice a week will not give you the results you want. Along with a more healthy diet than what we've been eating, it is necessary to keep a routine of at least three times a week of doing weight lifting exercises and cardio. Even doing stuff to raise the heart rate above normal is a step in the right direction. If you are looking for excuses not to exercise because you don't have the time or the weather is bad, then your health risk increases - blood pressure, cholesterol, insulin levels, etc. Let's make a valiant effort to stick to a routine and get moving! Come to our classes. Our instructors give lots of encouragements!!!



Do we have all your current contact information up-to-date? We have been sending out e-mails to all of our members about current events, monthly newsletters, important notices and membership specials for your family and friends. Stop by the desk anytime and make sure we have your correct email address and home address on your account.

GET FLEXIBLE

Join us for a stretchy hour of yoga-stretch on Mondays at 9:00 a.m. This class is a lighter version of yoga/pilates and is accommodating for all types of bodies and ages. Modifications can be made but for the most part, everyone is able to stretch to a certain point. This is a program that stretches and strengthens muscles to facilitate postural improvement. Your flexibility helps the joints as well. Most of this is done on the floor so there will be mats available. Join us in "moaning and groaning" as we loosen up during this time with a quiet 10 minutes of solitude meditation at the end of class.



DON'T FORGET

- Help us preserve the quality of the towels by only taking one large and or one hand towel.
- There will be a racquetball tournament at the Maverick, Aug. 11-12 all day Saturday and Sunday. Please come out and watch.
- Please scan your membership card each time you come to the gym. Need a card, ask us.
- The Maverick will close early at 6pm on Monday September 3 for the Labor Day holiday.
- Don't leave your valuables or purse sitting in plain sight in your car. Thieves look for that.

LOOKING FOR ANOTHER FUN ACTIVITY TO ADD TO YOUR WORKOUT? TRY THESE:

- WALLEYBALL
- RACQUETBALL
- MARTIAL ARTS
- BASKETBALL



DON'T FORGET THAT THE MAVERICK IS AVAILABLE FOR BIRTHDAY PARTY RENTALS OR ANY OTHER OCCASION ON SATURDAY AND SUNDAY NIGHTS AFTER 6PM. ASK THE FRONT DESK.

FISH FRY COOKOUT - FOR ALL MEMBERS

MONDAY, SEPTEMBER 3, 2012 @ 12PM

UPDATE ON MAVERICK STAFF-CARL CROFFORD



As of July 19, Carl has been moved to the Zale Lipshy Center at Southwestern Medical Center in Dallas. They are exploring alternative treatments and have stopped the blood plasma exchanges for the time being. This was very hard on Carl. Doctors are saying that he is extremely strong and all internal functions are performing normally. He is still paralyzed except for his toes which he can wiggle to communicate with the Doctors. It is hopeful that he will recover and we will continue to keep everyone updated on any changes. The family deeply appreciate your prayers and thoughtfulness. If you wish to send a card to his home, his address is: 2209 Winter Sunday Way, Arlington, TX 76012. Please keep him in your thoughts and prayers.