



Newsletter



December 2012



Joanie's Corner

You know you are getting older when the days, weeks, and months fly by and it's already Christmas! I can reflect back on our accomplishments of the past year and also recognize a few items that slipped through the cracks. At least you know that the Maverick is always here to serve you and your needs. The New Year will find many of us starting all over again on the same resolutions as last year. That's okay! It just shows you are NOT giving up. I even resolve to do better with my workouts and eating habits. I'm having too much fun to worry about the little things and concentrate on the bigger things like maintaining the special friendships I've made here. It's that "feel good" feeling inside of me. Believe it or not, that's my stress reliever as well as doing the deep breathing that's required to get your body back to its normal state. I am a firm believer in dedicating at least 1 hour a day for myself. All those things you need to do should be put on the back burner while you pamper yourself. You are worth it! I hope the upcoming new year brings you happiness and peace among friends and family. See you next year!

Joanie

THANKSGIVING FEAST

Wow, what a feast it was! Maverick members showed up in droves with their traditional side dishes to accompany the Thanksgiving turkey provided by the club. We also want to give a HUGE thanks to Redge Henline for smoking the delicious turkey and slicing it for all to gobble up.



With barely any leftovers, everyone was stuffed to the gills after consuming the dressings, potatoes, vegetables, rolls, salads and lots of pumpkin pies and tasty desserts! Special thanks to all our members and seniors for sharing this very special occasion. Our next Maverick members social activity, will be the Christmas party, December 17th at 12pm. We will also have a Chinese Gift Exchange for gifts valued at or about \$10. Mark your calendars now so you won't forget.



POLAR IS YOUR BODY AGE YOUNGER OR OLDER THAN YOUR CHRONOLOGICAL AGE?

LISTEN TO YOUR BODY

With the Polar BodyAge® assessment you can know for sure. This assessment is based on your vital statistics and everyone gets a completely unique and thorough assessment of their physical body age. Once you are measured, you will be given an assessment sheet along with recommendations on how to improve your body age. The whole process takes about 30 minutes and is **\$20.00** for members and \$35.00 for non-members. Doesn't everyone wish that they could turn back the clock? Well with the right information you could possibly do just that. For more information speak with Julie at the club or email her at julie@themav.com.

Your Chronological Age: 41

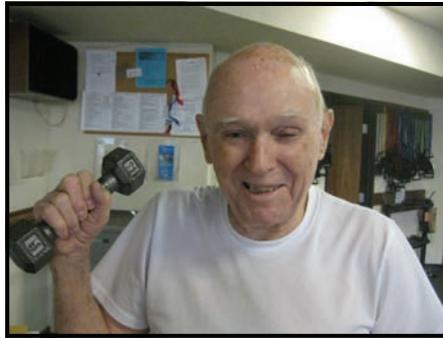
Your Physical Body Age: 38

Club Hours: Monday - Friday 5am to 10pm, Saturday 8am to 6pm, Sunday 10am to 6pm

Maverick Athletic Club 1919 W. Pioneer Pkwy. Arlington, TX 76013 • (817) 275-3348 • www.themav.com

MEMBER SPOTLIGHT - DEXTER BETTS AND SARAH MITCHELL

Perhaps our most popular senior with the young and old alike just reached his 90th birthday with a fanfare. A cake, minus the candles, was shared with his coffee buddies in the lounge. Dexter Betts, a Maverick member at one time and now a SilverSneakers®, has never met a stranger and everyone is his friend.



Dexter says he enjoys all the classes and the social activity in the mornings with friends.

Dexter lives with his wife in a senior living apartment and relies on the company van to bring him to the gym almost every day. He loves the senior classes offered and the social contacts that comes with it. We hope to see you for many more years to come Dexter. You are awesome!!

Meet Sarah Mitchell who will be 92 in January. Sarah is a SilverSneakers® member and started coming to the gym with her step-daughter, Wanda White, also a SilverSneakers® member. They both attend classes together and Sarah ALWAYS manages to have a big friendly smile on her face, before and after a good workout.



Sarah is a true inspiration and proof that you are never too old to exercise and feel great.

Regardless of her age, Sarah does remarkably well in the morning classes and is an inspiration to others who are still "coming" of age. She says she likes the classes and all the friendly people that attend and make it fun. We couldn't ask for a sweeter lady. Come see what Sarah is talking about and take a morning class.

ANNUAL CHRISTMAS PARTY--MONDAY DECEMBER 17, 2012 @ 12PM



The annual Christmas Party has been scheduled for Monday, December 17 at noon. This will be a "ham" theme. Make a dish that has ham in it or goes well with ham and bring the recipe. Copies will be made for those who request it. Use your very vivid imagination and whip up a gourmet ham dish! (This can be a casserole, salad, soup, etc.) There will be a Pantego Fireman on "deck" to talk on safety and health issues at 12:30pm. Afterwards, we will have a Chinese Gift Exchange. If you wish to participate in this, BUY a gift valued at or about \$10. See you there.



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

BRAIN FOOD

Junk food is not only bad for your waistline, but it's bad for your BRAIN. To reduce the risk of developing Alzheimer's disease, dementia or other neurological conditions, you need to eat adequate amounts of omega-3 fatty acids, antioxidants and vitamins into your diet. Try adding berries (strawberries, blueberries, blackberries) with your breakfast to help combat free radicals and delay age-related memory loss. For snacks, eat nuts (walnuts, almonds, hazelnuts) which provide high levels of vitamin E that may shield the brain from degenerative diseases. Dinner can include fish (salmon, sea bass, halibut, mackerel). Those are excellent sources of protein and are loaded with omega-3s that help protect the brain.



PLAY SOME RACQUETBALL



The Maverick Athletic Club started out as just a racquetball club before they added the gym and aerobic room. The racquetball game is still popular among all ages. Even the Pantego Fire Department Firemen come out in the mornings to get in their workout. Yes, they have rushed out on occasion to answer an emergency call. That's why you see the fire truck and ambulance on the side of the building. Kudos to these guys for staying in shape and helping out others in time of need.