



THE MAVERICK MESSENGER

MAY 2012

HAVE A "HAPPY--HEALTHY" MONTH OF FITNESS

Joanie's Corner



Spring has sprung with a hint of summer in the air and flowers spouting off pollen. Ahh, allergy season has hit big time.

Somehow it's an annual tradition to "spring clean" and have "spring fever" at the same time. I guess with all the cleaning you have to do, (and dust flying everywhere!) you are beat from getting it done! The library that was located in the aerobic room has been moved to the Women's Fitness Center. Yes, men, it's okay to go in there! Another clean-up that the Maverick has done is - IT'S GOING GREEN! There is a recycle bin near the front desk that has a deposit for plastic water bottles that is being donated to an elementary school. The other recycle bin is in the kitchen for aluminum cans. As we head into the month of May, think about treating your mom (for Mother's Day) or grandmother or any female relative or friends to a membership at the Maverick. Seems the ladies make friends fast here and it's more fun to work out with a partner/friend. Think of the improvement in their health and attitude. You don't have to wait until June for Father's Day to do the same for your dad. Heck, those guys make friends fast too! Oh, and the stories they tell. It's all about laughing and socializing. Now doesn't that make working out more fun at the Maverick? That's what I like about this place. The camaraderie that you can't get at any other gym. Let's do a dance around the May Pole and celebrate our health and friends.

Joanie Lovell

CRAZY WEEK AT THE MAV

As we wind down from an active week of wild and crazy antics, one can't help but wonder if they even got a workout in with all the fun going on. The Monday event ended at the



pot luck luncheon with a game of BINGO. Whoever heard of putting in your own numbers and covering the whole card...and winning? Several cash prizes were awarded and the big winners were **Jane Semler** and **Shirley Seal**.

On Wednesday, the chili cook-off pumped lots of hot peppers on the tongue! The winning venison chili called Lazy-D Ranch went to **Doug Robinson**.

Second place chili named Cha-Cha went to **Jane Semler**. There were several close calls missed by a few points which indicated the other contenders were pretty good too! The winners each won a Chili's restaurant gift card.



On Thursday, there was a wavering sea of "canary yellow" in the aerobic room. Lots of members wearing Joanie's favorite color. Wow, that's loyal. We finalized the week on Friday with tropical flowering shirts, eating popcorn and drinking lemonade.

Dr. Ricardo Tan gave an informative 30 minute lecture on Alzheimer/Dementia with a Q & A afterwards.



MORE MEMBER ACTIVITIES



DID YOU KNOW?

Since we have an influx of senior members here, you should be aware of all the places to go and get the senior discount. BUT, (this is the key!) you HAVE to ask for most of them! There's 4 pages listed on the bulletin board in the aerobic room. Go check it out and find out how much money you can save. In fact, several places start at the age of 50 or 55. So....it's not just for the old folks!

HI, DO YOU KNOW ME?



Meet Leo R. Vasquez who is the club's Program Director and avid racquetball player who still competes in local, state and national tournaments.

Leo has been with the Maverick for 11 years and manages the Maverick website, monthly newsletter and other club activities. The Maverick also hosts 10 racquetball tournaments each year here at the club and Leo oversees all of the planning for those events. Along with giving private racquetball lessons to members he also enjoys playing golf and Cowboy and Ranger games. Leo lives in Arlington and grew up in Dalhart, TX. He served as the President for the Texas Racquetball Association and volunteered for 10 years.

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10am FREE Nautilus Class every Wednesday
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Instructor Subs

As we head toward vacation time, there will be an increased demand for instructors subbing for each other. Usually, this should be your favorite time of the year to get a different work-



out with another instructor. Don't EVER expect everyone to do the exact same thing. How boring will that be? We all have our own style and methods but in the end, the results are the same. Try them all out and take in the fresh change of

scenery. Heck, the instructors deserve a break too. Schedules are at the front desk.



Please help us preserve the quality of the towels by only taking one large and or one hand towel. We have to wash and dry these towels numerous times per day and your cooperation will help us minimize the wear and loss of the towels. Thanks for your help and we hope you enjoy the FREE towel service here at the Mav.