



THE MAVERICK MESSENGER

NOVEMBER 2011

CELEBRATING 31 YEARS OF HEALTH & FITNESS IN ARLINGTON



Joanie's Corner

Fall seems to be everyone's favorite time of the year because it's a welcome respite from this horrid heat we've had. It's also a stressful reminder of the upcoming months of family holidays and the end of the year. Rest assured, just keeping pace with your schedule of working out can put a little more happiness into your workload! You have to make it happen though. While it's easy to sway away from the gym, the hardest part is getting back into the routine. I found that out being on vacation for almost two weeks and coming back to the daily grind. What inspired me was the cultural shock I experienced while in Italy. I only saw one McDonalds and one Burger King and lots of trattorias. Those Italians walked everywhere they went. Sure there were a lot of Smart cars because it was easy to park them! But the incentive to me was how great the people looked and the simple pleasure of walking to get someplace. I love inhaling the fresh smell of autumn. Now I'm parking my car far from the entrances of the grocery store and mall. Just think, no one can ding your car door either! Happy trails to walking.

Joan Lovell

SPAGHETTI SAUCE COOK-OFF

We thought celebrating Columbus Day would coincide well with having Italian food and good times with friends. No one knew then that the Texas Rangers would be playing a play-off game that night, but "our game" went on as usual. There were four saucy entries and lots of pasta and side dishes to share. The Singing Dog provided some great entertainment and laughs between innings.



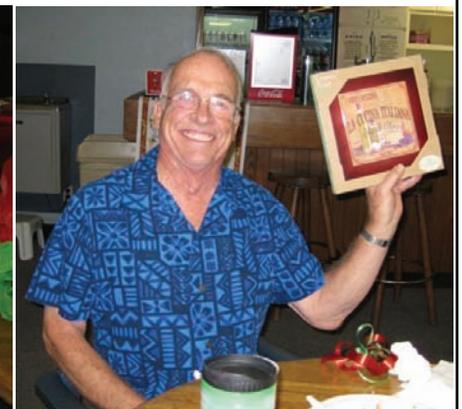
Yes, the TV was on and



everyone was watching the game and tasting all of the delicious sauces and side dishes. It certainly beats the hot dogs and peanuts the baseball crowd had! After all the votes were tallied and counted the winners were announced. The first place spaghetti sauce winner was

Betty Augeri's "Felice" and the second place winner was **Ross Emeneger's "Naples Best"**.

CIAO!



YOGA CLASSES

The latest and upcoming trend of de-stressing is taking **Yoga** and **Pilates** classes. The attendance is growing and people are becoming more relaxed after that blissful hour of pretzel stretching and deep breathing. With the days of holiday shopping and hard partying around the corner, what better time to start than now. You deserve that one hour to treat yourself to feel good. Check our schedule for times of yoga classes.



NEW CLASS--Seems we need to add a more challenging workout for those who have been attending the classes forever and ready to take it to the next level. There will be another Silver Sneakers Cardio Circuit--**Mondays at 11:45am** starting in November. This class is also offered on **Fridays at 10:30 am**. For anyone who wants to add low impact cardio to their muscular strengthening and conditioning workout. Chairs are used for half the class but it's up to the individual whether to use it some or all the time. Classes can be modified to suit your needs whether you use the chair or not. Step it up to intensify or tone it down to simplify it. Not just for seniors, so join Carole for a great workout.

PUMPKIN SUMPTHIN DESSERT PARTY



This is the one time of the year that you can act crazy, wear costumes and get away with it! Besides eating candy, the pumpkin season has arrived and lots of pumpkin desserts were made and tasted. Not stopping with that, the pumpkin is also fun to carve and/or decorate.

All the test tastings were great and the first place winner was Peggy Moore's Pumpkin Bars with a close second place going to Jo Wenzl Pumpkin Dump Cake. Peggy also won the best decorative pumpkin. Thanks to all our members.



GO RANGERS

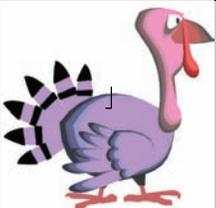


We have Rangers-Mania here! Lots of fans sporting the new ALCS t-shirts and accessories. The play-off and World Series games have been gut wrenching, heart-attack, on the edge-of-the seat wonderments! We are all proud of our Rangers and fans.



**Texas State Seniors
Racquetball Championships
Nov. 12th**

Join us for the Texas State Seniors Racquetball Championships held right here at the Maverick. The entry deadline will be Monday--Nov. 7th at 10:00pm. Signup at the front desk. You must be at least 35 yrs. of age to play in any singles or doubles division.



THANKSGIVING CELEBRATION

Look for flyers going up soon for our annual Maverick Thanksgiving luncheon held **Wednesday November 16th at 12pm**

This bash has been hugely successful with everyone getting together and giving thanks for our friendships and sharing our favorite homemade Thanksgiving dishes.