



THE MAVERICK MESSENGER

NOVEMBER 2012

LET'S ALL BE THANKFUL THIS MONTH FOR OUR HEALTH

Joanie's Corner



Every year at this time, I'm reminded of my "anniversary" here at the Maverick. It's been 15 years

now and I keep thinking maybe this will be the last year. Where did the years go and where did my youth go? Even if I don't reach the Silver or Golden occasion, this career was nothing I thought I would ever do. Just seeing the older generation around here, I could only fathom or imagine fully what it would be like being retired and getting grey. Yep, I went through mid-life crisis and became an instructor! Probably the most wise decision I've ever made. You can't put a price on the amazing friends I have met through the years. The experience alone taught me patience, gratitude, and if there's enough room on this page, I could go on and on with vibrant adjectives describing my love and feelings for this job.

Whatever you would like to accomplish in your life, do it soon. Don't put things off too long! Life indeed goes by quickly. Live for today and say the things you want your loved ones to remember. Hope they appreciate and love you for all the things you have done for them in all the years past. It is HEALTH that is the real wealth!

Joanie

PRETTY IN PINK

For one week in October, the Maverick participated in the Wear Pink for the Breast Cancer Awareness. A lot of "pink" and even red outfits dotted the gym and classes. So many enthusiastic members and seniors alike ganged together to remember those who have gone through the ordeal and others who are fighting it. What a group we had!



OKTOBERFEST

It's not a feast without the bratwurst, sauerkraut and even the potato salads. Beer was flowing and the crowd was glowing. We had four participants in the best decorated/carved pumpkins and the first place winner went to Jane Semler and second place to Paula Innis. The weather outside showed a speck of fall in the air and Halloween was just around the corner. Thank you to everyone that attended and also who brought a tasty dish.



VETERANS DAY

Don't forget that **Monday, November 12th** is Veterans Day, a holiday to honor and thank all



who served in the United States Armed Forces. We sincerely appreciate all you have done to preserve our freedom and keep our country safe. Thank you for safeguarding the prosperity of our Nation in our

neighborhoods, our businesses, and our homes. You will never be forgotten. Thank you for your valor and your sacrifice.

MEDITATION SEMINAR

Eat your lunch then come on in at **1:00 p.m. on Thursday, November 8th** in the aerobic



room. There will be a discussion on Transformation Meditation and you will learn ways to calm your mind and emotions and experience a state of peacefulness and well-being. If you want to reduce

stress and anxiety, lower blood pressure and improve health, this course is for you. Look for flyers posted throughout the gym.

ANNUAL THANKSGIVING LUNCHEON--WEDNESDAY NOVEMBER 14, 2012 @ 12PM



There will be a sign up sheet upstairs by the front desk. The Maverick will supply the turkey and the ever-generous members (YOU) will bring your favorite dish to share during this wondrous event. We are VERY thankful to celebrate this occasion with our friends.



MEMBER SPOTLIGHT--DALE SEARS

Look what working out can do for you!! Dale Sears, a Silver Sneaker member, recently celebrated his 92nd birthday and looks great. Dale's family traveled from California and Houston to help him celebrate all week long! He and his wife Patty have been attending classes for 8 years and enjoy the atmosphere along with all the friendly faces. Come to a class and see what regular exercise can do for you.