



### Joanie's Corner

I just spent an exhausting yet exhilarating three days at the Dallas Mania convention consisting of lengthy workshops of informative lectures and exercise classes. Be assured that all our group instructors and personal trainers are certified through some type of aerobic company that teaches safety, new ideas of working out and updated information concerning health, diet, nutrition and new inventions to increase interest in the exercising field. I heard some staggering facts about the physical general population in our country attesting to our lifestyle and eating habits. Needless to say, you probably have heard this epidemic from the TV and newspapers. On a positive note, you are special! Why? Because there is a growing trend of baby boomers and elderly people attending the gyms to increase their health and social life. That in itself tells a lot about yourself. You have set a goal, then a plan and finally implemented on your wise decision. We do need to be aware of information overload with all those enticing ads of losing weight rapidly. If it sounds good, it's NOT! We are all facing more challenges as we age and this is part of the natural process. Let's keep on "trucking" and maintain our quality of life with a buddy to work out with or a group of people or by yourself listening to inspirational music on the ipod. Stay well, pray for rain and cooler weather!!  
Joan Lovell

### LABOR DAY FISH FRY

The Maverick held their first ever Labor Day Fish Fry this month at the club. We had a lot of our very special members bring their favorite side dishes and desserts to go with all the bass filets that Bob Sullins caught on one of



his recent fishing expeditions. The Fish Fry kicked off with Redge, who brought his personal deep fryer up to the club and cooked all the delicious hush puppies.



Then it was time to prepare the special fish fry batter for all of the white bass filets that filled our empty stomachs. Once again our members brought plenty of tasty salads and desserts to compliment another great Maverick social luncheon. Look for our next event in October which will be the Spaghetti Sauce Cook-Off.



## I.C.E. (In Case of Emergency)

Several years ago there was an incident that occurred within a close knit group of people in a senior class. When something like this happens, do you know what to do? In case of an accident and you are unconscious, who should the emergency crew call? ALWAYS have on hand in your wallet, glove box and/or cell phone a number that shows ICE in front of it.



That way a relative, close friend or doctor will have access to your whereabouts immediately. It can be scary not knowing where your friend is and he/she is not answering the home phone. Start writing this down and put it in place right away before it's too late!



## Racquetball Texas State Doubles Racquetball Championships - Oct. 21-23

Join us for the Texas State Doubles Racquetball Championships held right here at the Maverick. You must be a Texas resident or own a homestead in Texas to play in this event. The entry deadline will be Monday--October 17th at 10:00pm. Signup at the desk. If you need a partner, let us know, we can probably find one for you.

## SPAGHETTI SAUCE COOK-OFF

Forget the Oktoberfest of sausages and sauerkraut! Since the Chili Cook-off made a huge impact on our "chefs", let's see what they can whip up Italian style. Pasta will be available for the sauce and members are asked to bring a salad, garlic bread, dessert or anything Italian to complete the event. This will be held in October in the early evening and the date will be announced later. Look for flyers throughout the gym and make sure and join us in choosing the most tomato-est, sauciest, spiciest, tastiest spaghetti sauce. Buon appetito!

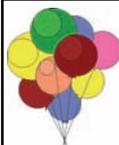
## Silver Sneakers News

By now all the Silver Sneakers Members should have received their new membership card in the mail. Please destroy the old card and do not use it, you can start using the new card immediately. If you have NOT gotten your card by August 1st, call Healthways and tell them about it. Meanwhile, if you visit the gym, go to the front desk to sign in. It is imperative that you swipe the card every time you come through the doors, NOT afterward. For those of you taking the Aqua water class, do not use the gate in the back to enter the pool area. All members and Silver Sneakers need to check inside before starting any activity. Thank you for your cooperation in this matter.



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.

**HELP US WITH OUR MEMBERSHIP DRIVE AND REFER A NEW MEMBER**

**WE DEPEND ON YOUR GENEROUS WORD OF MOUTH ADVERTISING**



The Arlington Police Department reports that health clubs and other business parking lots are prime spots for vehicles to be broken into. **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.**

