



Newsletter

MAVERICK EXPRESS

December 2014



Joanie's Corner

Tis the season to be jolly. As we spiral toward the end of the year, we think back on the highs, lows, ups and downs. We survived it all. With the month of December being a busy time just coming off November's Thanksgiving, reflect back on how fast time flies and it will soon be put out to pasture for another year. Take time for yourself to maintain your health, friendship and life.

I hope everyone has a great holiday whether it's a Merry Christmas or Season's Greetings. The instructors and I are looking forward to the New Year with more friends, laughter and happy times. Let's make 2015 the best year ever and I hope to see all you continuing your path to good health and wellness.

Thank you all for being such awesome Maverick members.

Happy New Year 2015!

Joanie

CHRISTMAS PARTY & GIFT EXCHANGE

The Maverick members and seniors LOVE to party and eat! To wind down the end of the year with the Christmas luncheon and Chinese gift exchange, everyone relished the moment to be with friends and loved ones. Spirits were high and laughter was heard throughout the halls. Thanks to all the members who brought a tasty dish to share with everyone, especially all the good desserts and treats. Thanks to all who made this a fun event and we hope you all will join us for more events in 2015.



TURKEY TIME

The Thanksgiving luncheon went great with a huge crowd gathering up the juicy turkey that was supplied by the Maverick. Members and seniors brought the best dressings, potatoes, vegetables, salads and desserts. Everyone left feeling very full and satisfied. Thanks to all who participated in this annual luncheon. We are thankful for all of you. THANKS!

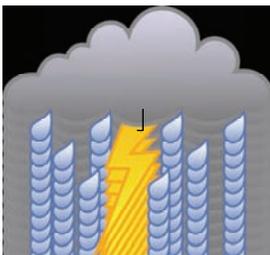


CALLING ALL WW II VETS

If you are a WW II Vet or a Korean War Vet, log into the site www.honorflight.org and click on application. You will have a full paid all expense free trip to Washington D.C. to visit all the memorials. A guardian will be assigned to assist you on all the tours. There are medics on board to assure safety and any medical issues to be applied. This is a trip of a lifetime and an experience to never forget. Senior Neil Riley went on his trip in early November and instructor Joan Lovell was a guardian for her sister's father-in-law in April. Apply now as seats are filling up fast!

HOLIDAY HOURS: The Maverick will be open Christmas Eve, Wednesday the 24th until 6:00 p.m. There will be classes that morning. On Christmas Day, Thursday the 25th, we will be closed. On New Year's Eve, Wednesday the 31st, the club will close at 6:00 p.m. Classes will be scheduled as usual that morning. On New Year's Day, January 1st, we will be closed.

WEATHER ALERT



As usual, we have some pretty staunch employees who can make it to the club in the early mornings to open up during bad icy weather. If the roads are not safe to drive on, please stay home for your safety as well as others. Some classes may be canceled due to the instructor's inability to travel to class. Call the Maverick front desk to check before driving in. 817-275-3348

WHAT'S IN YOUR WALLET?



Besides carrying your driver's license, money and credit cards, it has been recommended that you also have an "In Case of Emergency" (ICE) name and number as well as "allergies listed" on a piece of paper tucked into one of the slots. Just in case of an accident, someone will need to be notified if you aren't conscious. This will speed up the process if there is need to treat you at the hospital. Here is your reminder. Do it now!