



Joanie's Corner

New Year, new moves. Welcome to the new year that is full of fresh beginnings with a clean slate. This is officially a Get-In-Shape month so you can just knock out your excuses. Small changes add up on the 2014 agenda. Resolutions don't have to be life-changing. A single healthy readjustment can stop a free fall of bad habits. Get on the path to making this your fittest and happiest year yet. Take a deep breath and focus on a single goal that can keep you from getting overwhelmed. Once you tackle it, you will feel motivated to keep the improvements going. Don't let that resolution be toast! Get your start with doing more of what you want to do and less of what you don't. Trust your instincts and feel like a winner already.

Happy New Year.

Joanie

CHRISTMAS PARTY

It felt like this was the most wonderful time of the year as we hosted the Maverick Members Christmas Party. Spirits were alive as all of our wonderful members brought their favorite Italian dish to celebrate at the luncheon. Festive Christmas outfits and accessories were worn by practically everyone but it was the socks that got the most attention. Afterwards, the traditional Chinese Gift Exchange took place around the Christmas tree as everyone couldn't wait to see all the gifts. Several trades and exchanges were made and everyone left happy with a full stomach and smiling for the holidays.



SILVER&FIT® CLASS

Starting on Thursdays at 11:45 a.m., the new class of Silver&FIT® Experience will have a new format for members who work out at least several times a week. A chair is provided, and cardio is also included. If you are up to the challenge, join Joanie every Thursday. An agility ladder will be used in class to promote balance, coordination and cardio. As with all other classes, you can take it at your own pace.

SILVER&FIT®
EXPERIENCE
Thursdays @11:45 am

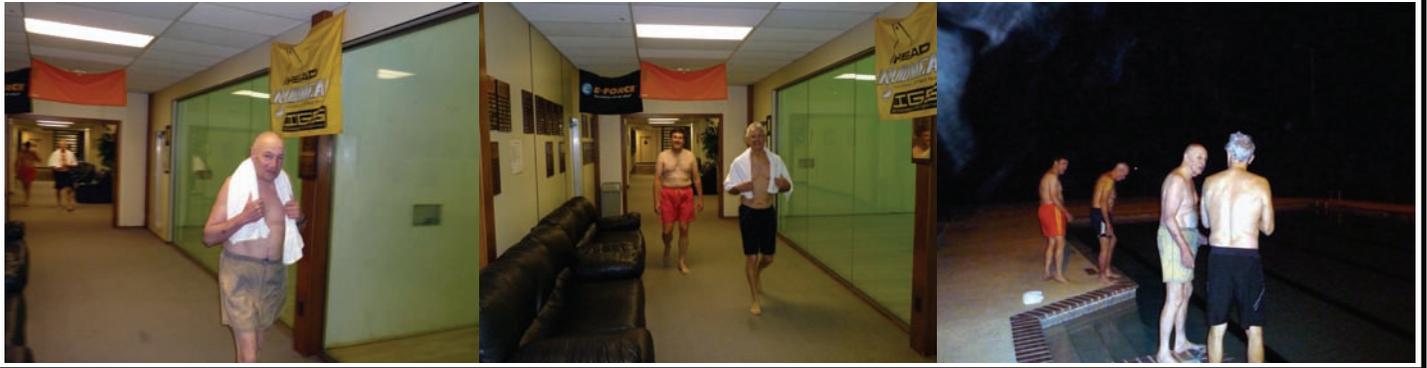
FEMALE REINDEER

Did you know Santa's reindeer were all females? Male reindeer shed their antlers in November while the female keep theirs until March. Therefore, who needs a GPS to guide that fat man in the red suit all around the world? As proof, Joanie, Chris, Helen Ono and Joan VanDyke showed up at the party with their "horns"!



POLAR BEARS IN TEXAS....BRRRRR

Even though the pool was closed, there were some pretty brave souls who splashed into the pool for a quick dip. Temps were in the 40's but the water was even colder. Whether these "bears" shivered or not, they seemed to have fun.



NEW YEARS EVE



Several instructors put together a simple party on New Year's Eve for members who attended their classes throughout the year. Everyone was invited to take in the black eye peas, cole slaw (cabbage), ham, sandwiches, chips and dips and desserts. Our very own Maverick member John Doshier entertained the crowd with music from the 40's and on. Few members took to the dance floor, but for the most part, it was fun listening and tapping toes to the beat! The party ended on a fine note of singing Auld Lang Syne.



BALANCE

Several classes we offer at the Maverick include some different balancing in the workouts. We challenged some of the willing participants to try and hold the pose of standing on one leg, Joe Augeri had the whole floor to himself as he attempted to demonstrate this simple pose in front everyone. Sure, he wiggled and squirmed around the exercise floor but at least it's a start! We recommend that our members try yoga, pilates and even the senior classes using balancing exercises to promote better balance. It's safe to try at home as long as you have something to hold on to that will support you or hold on to for safety.



TOWELS

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 towel service here at the Mav.

