

SPRING

Newsletter

March 2014



Joanie's Corner

That good old groundhog predicted six more weeks of winter! I believe Texas can have all the temperatures from freezing to scorching in one week. We sure had our fair share of different climate conditions recently. No matter what the season is, this is the time for spring cleaning and starting fresh with new ideas. Get out of the same old rut and I will give you the ABS-olute truth about your health. It's the body part we tend to obsess over the most. Better known as the core, it helps us move and keep our balance. Crunch all you want but the real key to middle management is a combination of burning and toning. Cardio workouts fry the stubborn fat that accumulates around the waist. Sculpting strengthens the muscles. I wish I could tell you there's one magic move that does it all, but how boring would that be? Mix the moves into your routine to give your core the attention it deserves. Join our classes for great abs workouts. Happy Crunching!

Joanie

SEEING RED AND PINK

It seems the month of February is associated with the colors of Valentine. No shortage of the t-shirts displaying the different hues of red and pink the whole week up to Valentine's Day. Love was certainly in the air; hugs and kisses were everywhere. We appreciate all of our members who participate in our club activities, events and social mixers. We invite anyone to join us for a class or even just for the luncheons and parties.



BFF

For those who don't know the abbreviation for all these texts going on, this is probably the most common. BEST FRIENDS FOREVER. Here is Wanda White and DeLaurice Busby who met on the first day of their freshman year in high school at the old Arlington High. They remained friends to this day with fond memories of high school football games, marriages, babies, sicknesses, weddings and funerals. These ladies have been regular attendees with the Silver Sneakers program for several years.



ST. PATRICK'S DAY LUNCHEON



Wear your greens or get pinched! Join us on **Monday, March 17 at 11:45 a.m.** upstairs. Don't forget to bring green food or put it in a green container. You can bring Irish food too. Beer will be \$2 a cup. Join us in having a hoot with all that blarney and malarkey!



HANDBALL TOURNAMENT

The Maverick recently hosted one of the longest running handball tournaments, the 68th George Lee Invitational. The event was hosted February 14-16 and presented by the Dallas Handball Club. As a reminder when the Maverick hosts these tournaments, viewing is free and we encourage all of our members to come out and watch. Congratulations to all the winners and see ya'll next year.



SPRING BREAK

For all you grandparents out there, you may be babysitting your grandchildren during spring break.

What better way to burn off all that energy by bringing them to the Maverick. There's ping-pong and basketball. Even take racquetball lessons. Check the front desk for info.



MEET WANDA, WANDA, AND WANDA

That must have been the most popular name during that era. A requirement to have that name is to smile all the time. These ladies can do it well!

