



Newsletter

MAVERICK EXPRESS

November 2014



Joanie's Corner

I hate to be the bearer of bad news, but a recent article in the Star-Telegram had some somber news about heart health. You need to work out at least 4-5 times a week to do any good for the heart. Sure it's okay to do a few times a week, but don't expect the results to be the best. While I think it's better than doing nothing, it's the heart that keeps the body going. To get it pumping, walk those 10,000 steps a day or at least 30 minutes of continuous moving. Steady exercise is vital for heart health. Nevertheless, let me tell you what to do – come to the gym EVERY day and get in some walking, pumping iron, and socialize. That's good for you too. Keep the heart beating and everything else will fall in place. Let's feel good and happy healthy living!

Joanie

OOMPA-FUN!

The Octoberfest kicked off with lots of sauerkraut, a variety of sausages, hot potato salads and yummy desserts. Just for fun, there were 7 entries of the pumpkin decorating/carving contest. What a selection we had and such creative minds at work. Everyone got to vote for their favorite and Joe Schaefer won first place for his HUGE carved pumpkin. Great job, Joe. Second place went to Clo Brown and she decorated a really cute little pumpkin. We were all in a Halloween-ish spirit as well. Thanks to all our members for bringing great foods and sharing your friendships.



PURPLE PEOPLE

Okay, so it's all about a college football team, TCU. Some of the classes were being loyal to instructor Joanie Lovell by helping her cheer on the team by wearing purple for one week. Except for one couple (Stan and Carolyn Wilkes) who actually rubbed it in wearing their own colors (Baylor) after beating TCU in a hair-raising 4 hours televised game. So far, the Dallas Cowboys seem to be the chosen team for everyone. Good thing, right Leo?



PINK OCTOBER

Several members knew already to observe the Breast Cancer Awareness month by wearing pink. Some are survivors while others personally knew another woman who lost her fight against breast cancer. What a great support group we had!



THANKSGIVING LUNCHEON - BRING YOUR FAVORITE DISH

WEDNESDAY - NOVEMBER 19, 2014 @ 12 p.m.

WHAT TO DO

If you have a medical condition that needs to be identified by an EMS personnel, why not purchase a medical identification piece of jewelry? Whether it's a bracelet, necklace, or charm, the variety is endless. Contact American Medical Identifications, Inc. at P.O. Box 925617 in Houston, TX 77292-5617. Call this toll free number 1-800-363-5985 or visit online at www.americanmedical-id.com. This will be a tremendous help to any medical personnel who needs your information immediately in case you are in a compromised situation. Some drug-stores have them as well. Check it out and wear one for peace of mind!

COME TO CLASS

Speaking of working out for 4-5 days, how about attending classes every day? Try it out – we have body pump class twice a week, yoga twice a week, senior classes with all different levels EVERY day, and cardio on Friday with 2 night time classes at 5:30 p.m. on Monday and Wednesday. There are a few members and seniors who attend class EVERY day. All for their heart, health and well-being. Remember, you can take it at your own pace and do what you can without trying to keep up with others. It's for YOU!