



# MAVERICK NEWS

Newsletter

April/May/June



## Joanie's Corner

As we transform our feet back to piggy toes after being web-footed during the spring rains, the temps are now spiking and layers of clothes are shedding. The month of May left us all drenched and we now look forward to the lazy-hazy days of summer. The half way mark of the year usually brings a slow-down to our busy lives. However, school is out, grandkids are coming over, vacation is scheduled, and we are running from one thing to another. Slowing down may actually benefit our physical and mental health. "Slow" tends to imply "less". Live in the moment, focus on your top priorities and let go of the rest. What used to be free time is now dominated by the technology devices that offer a large amount of information and accessibility. Take a break between activities and reclaim your life. Breathe deeply and find a slow ritual. Remember, set aside time for yourself everyday here at The Maverick. Enjoy life more by doing less. Happy healthful living!

Joanie

## APRIL ACTIVE WEEK

In April, we had a fun and festive event every day for a week wearing whatever the theme of the day was. It was fun to put a little silliness in our mundane life at the gym with scarves, hats and crazy colored socks. As usual, the Wednesday, "Let's Get Together" luncheon showed true awesome spirits with team shirts and generous amounts of food provided by our ever gracious members and seniors. Thanks to these great chefs for making good grubbs. It was a great way to finish off the spring season as we get ready for the summer months ahead. Look for our next social event in July.



## HAIL, HAIL, THE COFFEE GANG IS HERE

Several years ago we announced the anonymous donors who were contributing towards the coffee for our members. We are pleased to report that this group is still making generous donations to keep the java flowing! Let's give a huge thanks to these guys and gals who contribute to the coffee fund. Thank you so much for waking me up!



HINT: You will find the group hanging out in the lounge area on Monday, Wednesday and Friday mornings, around the coffee machine. :-)

## TRIPLE CROWN RACQUETBALL SHOOTOUT

The Maverick recently held its June Triple Crown Racquetball Shootout and set a new record with 135 participants for a shootout. We had players from all over the state here for a weekend of singles, doubles and juniors divisions. Some of our very own club members also competed and walked away with 1st and 2nd Place prizes. Shown here is Arturo Burruel with Maverick member Tina Joslin, winners of the Mixed Open doubles division. Viewing is always free and members are always invited to come out and watch. Next event is July 10-12.



## IT'S ALWAYS A GET-TOGETHER

Don't you just love these luncheons every month? It's amazing to find new members and seniors joining us in class and upstairs. There was a "free Guest pass" day and a Let's Get Together luncheon to get acquainted and introduce our wonderful lifestyle of working out and socializing. This was absolutely one of the best salad luncheons we've ever had. Next time, let's bring recipes to share.



## ANNUAL JULY 4TH FISH FRY - BRING YOUR BEST SIDE DISH

FRIDAY - JULY 3, 2015 @ 12 p.m.

Mark your calendar for Friday, July 3<sup>rd</sup> at noon for our most popular get together. Fried fish, hush puppies and the best side dishes you guys can bring to accompany the entrée. Let's get in the patriotic spirit and have some fun, wear anything you have that shows off your July 4th pride.

## QUIET PLEASE

The camaraderie is in high gear at The Maverick. Everyone make friends for life here. Whether you are in the aerobic room or outside in the pool, when there is a class in session, it would be most appreciated to concentrate on your workout rather than socializing. It seems to be a little disturbing with the distraction of talking in the background over the instructor's voice. Please have courtesy and respect the others in class who are there to exercise. There's always time to get together afterwards. Thank you for your consideration.

