



MAVERICK NEWS

Newsletter

March/April 2015



Joanie's Corner

Three months into the new year and already it's been a passing blur. The most famous line, "where has the time gone", is a phrase often used. The weather has been a roller coaster and lots of people have had sinus infection thanks to the pollen count of molds. Hopefully this spring will bring everyone back to "earth" and into the mood of meeting and greeting their cronies in the gym. The camaraderie is so strong at the Maverick. Friendships are made inside and outside the walls. Workouts are done quickly but keep in mind, do it correctly to prevent injuries. Check into the Nautilus session on Wednesday mornings to learn the proper method of using the machines. It is important to maintain your health for a productive life. Come to classes to find out more about how to work those muscles. You will be greeted with open arms and lots of friends around to encourage you. Don't forget, the club will be closed on Easter Sunday, April 5.

Joanie

AMERICAN HEART MONTH

February was American Heart Month (think Valentine's Day) and the ladies were treated with a blood pressure check and entry into a drawing for a basket of heart-healthy snacks and food. Paula Innis won the basket of wine, oatmeal, almonds, dark chocolate bar and a box of tea bags. Several gift bags of goodies were given out as well. This was sponsored by the Brookdale Senior Living Solutions. Heart disease is the number one cause of death in women. Bringing awareness to this horrific disease cautions the woman to take better care of herself. So far, our seniors and members are doing the right thing coming to The Maverick and working out the heart and body. Keep it beating ladies!



SUPER BOWL FRENZY

If only everyone had watched the Super Bowl game at the Maverick, WOW, what a cheering crowd we would have had! What a game too! There was the annual pizza party with beer and the \$1 betting board that filled up before lunchtime. Our first quarter \$25 winner went to Jim Gray. The second and third quarter \$50 winner went to Bob Jones. What a surprise it was for our fourth quarter winner of \$25. Shirley Freismuth didn't even know she won.



CHILI COOK-OFF



Thankfully we had balmy weather to host this event! A good crowd showed up to taste test the seven huge pots of chili made by our members and seniors. The votes were close and the sweating foreheads said it all! Our first place winner went to Jane Semler with her Chubby Chip Chili. Second place winner went to Doug Robinson with his Damm Good Chili. Sides were added like cheese, sour cream, Fritos, chips and crackers. Of course the delicious desserts topped off the stinging pains of peppers. A load of thanks to everyone who came to this event and participated. We look forward to having this event again next year so mark your calendars.



ACTIVE WEEK

Every year in April the Maverick designates an active week of fun and craziness to kick off spring. Who says this kind of fun is for kids? It all starts on Monday, April 13th through Friday the 17th.



Monday - Starting Monday, April 13 it will be Mismatched Monday Mania - Mix up the clothes and DON'T coordinate anything!



Tuesday - Tie It On Tuesday – Wear a scarf, bandana or tie and wear it around your neck, waist, leg, arm, hair, etc.



Wednesday - We've Got Spirit Wednesday – Wear your favorite college team shirt and/or cap. Tailgate luncheon at noon. Bring a dish to share.



Thursday - Tropical Thursday – Wear your leis and flower shirts. Let's do the Hula!



Friday - Funny Hat Friday – Decorate your hat with anything to make it look funny! (feathers, stick pins, ribbons, etc.)

TAILGATE LUNCHEON - BRING YOUR FAVORITE DISH

WEDNESDAY - APRIL 15, 2015 @ 12 p.m.

LOST AND FOUND



The winter season is the worst time to leave behind jackets, scarves, sweaters and anything left in the locker rooms. If you can't find your stuff at home, most likely it's here. Even jewelry, watches, and glasses are stashed in the front desk drawers. Please inquire with the front desk personnel of your lost treasure. Otherwise, Goodwill will make use of your product!



STATE RACQUETBALL TOURNAMENT

The Maverick recently hosted the Texas State Singles Racquetball Championships with over 150 players from across the state competing as well 30 kids in the juniors divisions. Congratulations to all the kids and the adult winners.

