



Joanie's Corner

The New Year is opportunity to set a fresh course for a

new beginning. It's a chance to start over, love people more, and try harder NOT to take life for granted because you don't know how long you'll be around. One thing is for sure, as we gain higher numbers on the age scale, we become more beautiful – we know what is important. It's time to "leap" into the New Year with many blessings without making a bunch of New Year resolutions. How about making some new decisions to treat yourself better. Pay more attention to your health and do a few new things to challenge yourself this year. And, most importantly, keep reminding yourself how fragile and fleeting life is and that we only have this one time to get it right. All of our Maverick members are truly amazing, one of a kind and so very special.

Let's make 2016 EPIC. Bring it on!

Joanie

LUNCHES ARE G-R-E-A-T

Don't you just love those monthly lunches with the different variety of foods brought by our ever generous members? October was a German fest with sausages, sauerkraut, potato salads, and lots of desserts. Long lines stretched into the lobby but there were plenty of places to seat everyone. November was Thanksgiving that brought all the trimmings

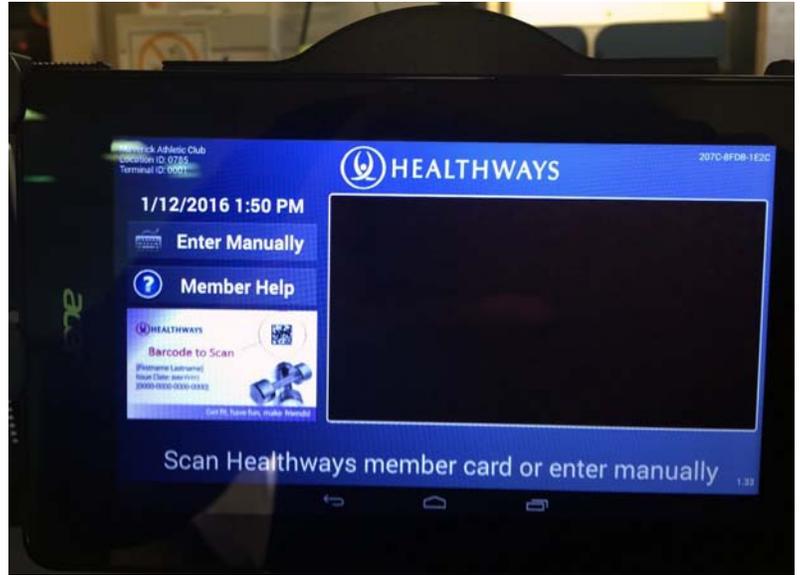


made by the members and the turkey provided by the Maverick. December was simply bring what you want and let's share in the Christmas spirit. Lots of members wore their Christmas shirts/sweaters and finished the day with a Chinese Gift Exchange that lasted an hour. THEN... we ended the year on a high note with a casual get-together in the aerobic room for black eye peas, cabbage (cole slaw), cornbread and desserts. Actually, this was a last minute idea that wasn't announced but got a few members coming in for a small social chat. Come join us next time.



SCAN YOUR CARD

Silver Sneakers members, PLEASE, make sure that you scan your card so that a pop up shows **"Your visit has been recorded"**. The screen needs to appear for several seconds before seeing this. If you don't have your card, press "manual" and type in the information provided. First name, last name and date of birth is required to check-in. Again, a pop up will show **"Your visit has been recorded"**. If it says you are ineligible, please see the front desk staff for further instructions and to make sure your visit is recorded properly. This is very important for the Maverick to show your attendance to keep the program going. Thank you for your help on this.



STAY IN SHAPE

How many of you guys got a FITBIT or something of a sort to record your daily workout activity? It's been "rumored" to put in at least 10,000 steps a day. Instead of counting the steps yourself, this handy little device will record it for you. Doing an hour of aerobic movements just might show that you put in a mile or 2,000 steps. A fancy device can also show heart rate, calories burned and stairs taken. Who wants to feel the vibrations on the wrist for accomplishing this feat? But, just for the heck of it, it is a motivation to keep up the daily workout schedule and see those numbers piling up on the band. Compare with your friends and make it a game. Any way you look at it, stay active and make this your year to keep coming to the gym.



NOTICE ANYTHING NEW?

The Maverick would like to say **THANK YOU** to the members who graciously contributed to help pay for the new upholstery on the weight machines downstairs in the workout area. We really appreciate everything you all did as a group and we hope everyone enjoys the nice, new upholstery. We would to especially say Thank you to:



Steve, Doug, Roy, Bob, Kurt, Bill, Dean, John, Jim, David, Joe, John, Mike, Cindy, Tom, and especially Scott Norris.

**WE LOVE OUR
MAVERICK MEMBERS!**

