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### Joanie's Corner

The holiday season has been full of parties, social commitments, gourmet foods, alcohol, stress, cold weather, lack of sleep and a bunch of other distractions that stood in the way of your exercising and diets. Not to mention this whole year of election campaigning had caused a lot of debates among family and friends. Did our candidate win or not? Nevertheless, life goes on. As people walk into our lives every day, they can walk right back out. It can hurt when they're gone but we need to be thankful that we were blessed with their companionship. They will always be a part of who we are. You will think of them, miss them, and wonder what might have been. Life is precious; don't take it for granted. Have a great new year in 2017.

Joanie

### LABOR DAY LUNCHEON

This festive holiday is not complete without a fish fry and the fixings generously brought in by members. This event actually signaled the end of summer. As hot as it was, you never could tell it was the month of September. Being a crowd favorite, it was a huge success and there were very few leftovers! Thanks to the members for making it great – food and friendship!



### HALLOWEEN

Clowns were sighted everywhere in the country whether entertaining or scaring the general public. This was an appropriate time to dress up and get away with it. Why not carve or decorate the pumpkin into a clown? Congrats to "Mustang Sally" Scanland for her painted clown to win the grand prize – a glass blown clown decanter. Sally's daughter helped with the project and took her mom's prize. She LOVED it and she's scared of clowns! The pot luck luncheon consisted of a lot of "pumpkin" dishes as well. Thanks to all who brought their dish to share.



## THANKSGIVING

There were lots to be thankful for during this special time. Rearranging the lounge area where EVERYONE got to sit together brought them closer. Turkey was provided by The Maverick and the side dishes accompanied the main entrée brought by our members. Everyone was so full it was like the actual holiday! Thanks to all who brought delicious food and provided good company.



## E-MAIL ADDRESS

If you wish to receive future flyer notice of upcoming events and newsletter via e-mail, please let me know. Contact me (Joan) at: [joanbl@sbcglobal.net](mailto:joanbl@sbcglobal.net) and I will put you on the list. I do not share this info with anyone!

## CHANGE IN HEALTH INSURANCE

If you have a change in your health insurance, check with the front desk and we will issue another number for your card. Care N Care has changed from Silver & Fit to Silver Sneakers.

## REMINDER

For those who can't attend the chair class on Monday or Wednesday at 10:30 a.m., you can also attend on Tuesday and Thursday at 11:45. There are little variations in the workouts but most of the time it is done in the chair. On Friday at 10:30, you stand for 30 minutes and sit for 30 minutes. Remember, you can always sit down anytime you wish. This is YOUR class!

## FINALLY OVER

The election has been a nightmare and headache for all of the nation! It finally came to a close with our very own voting among the members of The Maverick. Even though we used the honor system, there was no hacking or voter fraud that we know of. The results showed that Trump won 59% to Clinton's 41%. Here's to four years of change!



## HO-HO-HO

What's a Christmas party without Santa? Spirits ran high and decorations were up everywhere. Gift exchanging became a trade between others at the Chinese Gift party. Your junk, my treasure. The luncheon was creative with meatballs and side dishes of every kind of food that accompanied the entree. Everyone seemed to be relieved to have finished their shopping. Time to relax and enjoy the rest of the holidays. Merry Christmas and Happy New Year.

