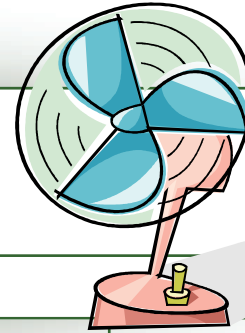




August 2011

Joy Journal



Northwest Assistance Ministries

Vol. 15, Issue 8

August Events

CWJF Party



The Cypress-Woodlands Junior Forum is back at Fifty Plus and planning a tropical themed luncheon! Wear your Hawaiian shirts and grass skirts if you have them. The menu and entertainment details are unknown at this time but we know it will be great!

Wednesday, August 24th

9:30am-11:30am

\$1 Daily Fee Applies

Let's Go to the Movies

We will go to Lowe's theater on Old Holzworth Road by the old Good Year Blimp base. The movie will be determined closer to the date of the trip.

Thursday, August 18th

10:30am-3:00pm

Cost of gas \$2

Lunch will be on your own at Rudy's Bar-B-Que

\$1 Daily Fee Applies



It's Hot, Let's Salsa!

Every 2nd Thursday of the month
Noon to 1pm

\$1 Daily Fee Applies



Michael Carter, a professional Salsa dancer will be at Fifty Plus teaching starting in August. You don't need a partner, just comfortable clothes and shoes! Michael will start with the basics and go from there. Let the beat move those feet!

Fifty Plus Center

A NAM Program

15555 Kuykendahl

Houston, TX 77090

281-885-4600

www.namonline.org

Daily Activities:

Mon-Fri 8am-5pm

\$1 per visit

\$10 per month

\$25 Initiation Fee

Grace Jackson

Senior Services Director

June McFadden

50+ Coordinator

Carole Little

NAM President & CEO

50+ Advisory Council

John Shipp, Chairman

Juanita Barnett

Lynn Bollwinkle

Mary Helen Chachere

Janice Loocke

Orvis McDermed

Judy O'Shea

Non-Voting Members

Grace Jackson

Rebecca Landes

Upcoming Events

August 8th– Style & Jewelry Show

Fifty Plus members will be modeling items from our resale stores. Jewelry for the show is being provided by Shirley Walton. All items, both clothes and jewelry will be for sale. Join us for this fun event!

Monday, August 8th

11:30am

\$1 Daily fee applies



Bus Service from Cornerstone Gardens and Northvale

The trial run from Cornerstone Garden Apartments to local grocery stores has been well received. Fifty Plus will continue making this run which now includes Northvale Gardens apartments to help utilize all of our bus space. The bus will pick up at both locations every Tuesday in August at 10:00am and go to Wal-Mart.

Every Tuesday in August

10:00am to noon

\$4 fee applies

September 22nd—AARP Safe Driving

Lincoln Pettaway, an AARP volunteer, will be conducting a safe driving class on Thursday, September 22nd from 11 a.m. to 4 p.m. This class is not good for having a ticket dismissed, but is good for a 10% discount for seniors from most insurance companies. Since the class time takes up the lunch hour, bring your lunch and a drink and you can have it while you are watching the DVD. Cost is \$14 for non AARP Members and \$12 for AARP Members with their card.



French Classes

Jean Teyssot is back from his trip and once again teaching French classes On Tuesdays at 11am in the pool room. Jean will teach you not only the language, but also fun facts about the culture. If you are planning s trip to anywhere French is spoken, this class is a must!

Tuesdays at 11:00am

\$1 Daily Fee Applies

Ongoing Programs

Low Impact Aerobics

Mondays and Fridays

9:30 a.m. to 10:30 a.m.

\$1 Daily Fee Applies



Join these active seniors as they do exercises that don't jar their joints! Being easy on the knees does not mean you don't get "real" exercise and leader Alyce Arbing makes it fun. We have chairs to hang on to if you need to balance and you are free to move at your own pace. This class is a great way to start your morning!

Ballroom Dance Classes

Tuesdays at 10 a.m.

\$1 Daily Fee Applies

Linda Shook, our instructor, will have you twirling, whirling, and moving your feet! She teaches a new dance every week. On the last Tuesday of the month we have a party where you can practice all the new steps you've learned! Don't worry if you don't have a partner! Dancing with Linda is the best way to learn the steps!

Morning Walking

Tuesdays, Wednesdays, and Thursdays at 8:15 a.m.

\$1 Daily Fee Applies



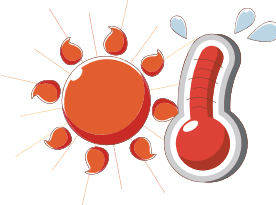
Bring a friend and get moving to the CD by Debbie Walker. This hour -long morning workout is just what your body needs to feel invigorated and wake up your muscles, mind, and metabolism! Don't forget to sign in at the front desk!

Canasta Classes

Join Kay Fillman for Canasta classes on Tuesdays at 1p.m. in the Card Room. You don't need to be an experienced player! Kay will teach you all you need to know!

\$1 Daily Fee Applies



Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia	2 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 10am Grocery bus to Wal-Mart 11am French Class 1pm Canasta (Card Room)	3 8:15am Morning Walking 10am Bingo 10am Line Dancing 1pm Ballet Dancing	4 8:15am Morning Walking 10am Helping Hands II (Dresses and Dolls) 1pm Advanced Line Dancing	5 9:30am Exercise Class (50+ Exercise Room) 10:45am Tap Dancing
8 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 11:30am Style & Jewelry Show 12pm Bridge 1pm Yoga w/ Cynthia	9 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 10am Grocery bus to Wal-Mart 11am French Class 1pm Canasta (Card Room)	10 8:15am Morning Walking 10am Bingo 10am Line Dancing 1pm Ballet Dancing	11 8:15am Morning Walking 10am Helping Hands II 12pm Salsa Lessons (Exercise Room) 1pm Advanced Line Dancing	12 9:30am Exercise Class 10:45am Tap Dancing
15 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia	16 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 10am Grocery bus to Wal-Mart 11am French Class 1pm Canasta	17 8:15am Morning Walking 10am Bingo 10am Line Dancing 1pm Ballet Dancing	18 8:15am Morning Walking 10am Helping Hands II 10:30am Movies at Lowe's and Lunch at Rudy's BBQ 1pm Advanced Line Dancing	19 9:30am Exercise Class 10:45am Tap Dancing
22 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia	23 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 10am Grocery bus to Wal-Mart 11am French Class 1pm Canasta	24 8:15am Morning Walking 9:30am CWJF Luncheon 1pm Ballet Dancing	25 8:15am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing	26 9:30am Exercise Class 10:45am Tap Dancing
29 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia	30 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 10am Grocery bus to Wal-Mart 11am French Class 1pm Canasta	31 8:15am Morning Walking 10am Bingo 10am Line Dancing 1pm Ballet Dancing		



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