

Joy Journal

Northwest Assistance Ministries

Music for My Valentine

Rob Landes will delight his audience with romantic songs for Valentine's Day. He is sure to get you in the mood for this most romantic of holidays by taking musical requests from the audience.

Rob has been a Houston favorite for years and has been the organist and artist for St.

Luke's Methodist Church since 1996.

The Rob Landes Trio will perform at The Centrum, 6823 Cypresswood, on Tues., Feb. 9 at 3pm.

Sorry, we are out of free tickets, \$10 at the door for seniors.

For info, call 281-440-4850.



It's Time for a Rodeo...luncheon, that is!

The next 50+ luncheon hosted by the Cypress Woodlands Junior Forum will be held Wed, Feb. 24 at 9:30 a.m.

Lunch will be Texas bar-b-que, beans

and potato salad.

Come dressed to impress, as there will be a prize for best Western costume!



February 2010

Vol. 14, Issue 2

Fifty Plus Center

A NAM program

15555 Kuykendahl
Houston, TX 77090
281-885-4600
www.namonline.org

Daily activities offered
Open Mon-Fri, 8am-5pm
\$1 per visit/\$10 per month
\$25 Lifetime Membership

Grace Jackson
NAM Senior Services Director

June McFadden
Senior Center Director

Carole Little
NAM President & Ceo

Fifty Plus Advisory Council

John Shipp, Chairman
Fran Castillo
Mary Helen Chachere
Dora Gardner
Liz Hom
Janice Loocke
Orvis McDermed
Judy O'Shea

Non-Voting Members

Grace Jackson
Rebecca Landes

See the Joy Journal online at
www.namonline.org

More February Events

Yoga with Cynthia

Every Mon. at 1 p.m. starting Feb. 1.

\$1 daily fee applies

Class open to 50+ and NAM employees.



Cynthia and her husband, Charles, come to us having lived the last 39 years in southern Spain. Cynthia has a background in a number of physical arts including yoga and ballet.

Bring either a bolster type pillow or an extra towel to roll into a bolster pillow. Also bring a mat, another towel and wear comfortable clothes. Cynthia will modify the program for those who need to sit. She says nothing makes her happier than to help someone who is in pain from an injury.

A big thank you goes out to Sonya Nelson who taught our classes last year. We will miss her!



AARP Tax-Aide

This program starts Tues., Feb. 2 and continues every Tues. and Thurs. until April 15, from 9 a.m. to 1 p.m.. AARP can help most people with their taxes free of charge.

The program is first come, first served, so there is no need to make an appointment. Bring a copy of last year's taxes, a social security card for each family member, and your W-2s or 1099s. If you are itemizing, bring a copy of property taxes and mortgage interest. AARP can file previous year's taxes for you, and can also e-file your 2009 return.

Call 281-885-4601 for more info.



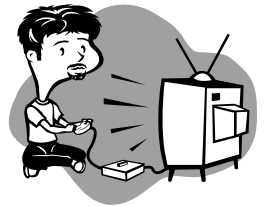
Wii Demo Day

Mon., Feb. 8 at 11:30 a.m.

Bring your lunch and stay and play!

\$1 Daily fee applies

Thanks to a donation from the Copperfield Women's Club, 50+ is now the proud owner of a Wii (pronounced "wee") console. The game package which includes bowling, baseball, tennis and golf.



Not only will this game increase your agility and brain size, but it will give you new ways to talk with your grandchildren and even challenge them to a game or two.

February Trip

Houston Museum of Natural Science

Thurs., Feb. 11

Leave at 10:30 a.m..

Return to NAM at 4 p.m.

Lunch at Mai's Vietnamese Restaurant

Upcoming—March Events

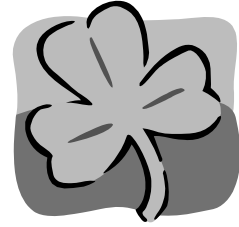
Red Cross CPR- Date, cost and time to be announced

March Trip - a tour of wildflower country . Watch for sign-up sheet on the front desk.

St. Paddy's Spud and Speaker Fundraiser Luncheon

Wed., March 17 at 12 noon (Cost: \$6.50)

Due to too many activities in Feb., we have rescheduled our Red Hat Luncheon to March with a name change. There will be wearin' of the green and the red on this occasion! Our menu will include a large baked potato done your way, a huge green salad and bread. For dessert, we will have shamrock cookies with ice cream. Our speaker, Dr. Chris Borman, will talk about his book on retirement. There will be door prizes and lots of fun!



Helping Hands

Helping Hands is a group of volunteers who make crafts such as quilts, pot holders, neck warmers, floral arrangements, and other items which sell in NAM's resale shops. All proceeds go to 50+. If you have crafting genes and would like to join us, we would love to have you!

Men, you are not excluded from this group! If you cut wood and make wonderful birdhouses, or napkin holders, or garden angels, please join us. How about a quilt rack or towel rack for the bathroom? You would have to cut the wood at home, but we have paints here we could use. If you create outdoor art from old metal parts, here is your home away from home.

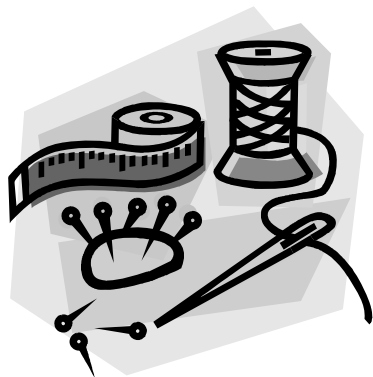
NAM Closures

Mon. Feb. 15 -

Presidents' Day

Thurs., Feb. 25 -

NAM Staff Retreat



If you would like to join Helping Hands, we meet on Tuesdays from 10 a.m. until 2 p.m. Bring your lunch and your sense of humor. If you can't make it to NAM, you could work at home and donate your work to us.

 **President's Day** 

SAVE 10% AT NAM'S RESALE SHOPS

Every Thursday is senior discount day!

Shoppers 55 and over can save 10% on their entire purchase at NAM's three shops.

