

Joy Journal

Northwest Assistance Ministries



Vol. 15, Issue 7

Independence Day Sing-a-long



Come celebrate our freedom and a belated 4th of July with a sing-a-long of patriotic songs on Wednesday July 6th! This will be a snack pot luck so we are asking each of you to bring a finger food type snack or dessert. Please remember your contribution to the food, it's not fair to others if you don't bring something to contribute! You don't have to be a member of Fifty Plus to attend.

Please sign up at the front desk and let us know what you are bringing!

\$1 Daily Fee Applies

Reminder!

NAM will be closed Monday July 4th. We will reopen at 8am on Tuesday, July 5th.



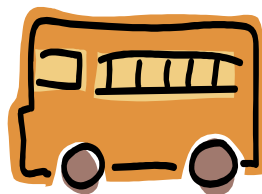
Volunteers Needed!

Fifty Plus is still in need of someone to lead a dance class on Mondays or Thursdays. We are also in need of a choir director and someone who would be interested in teaching conversational Spanish. If you or someone you know are interested, contact June for more information!

Bus Service

Every Tuesday in July
10:00am to noon
\$4.00 fee applies

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 July at 10:00am and go to Wal-Mart.



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

July 14th– Trip to Sea Center Texas

The Sea Center Texas in Lake Jackson is 75 acres of educational displays of the marine life of the Texas bays and Gulf waters. The Sea Center has two touch pools containing blue crabs, starfish, urchins, snails and other small sea life! There are displays both inside and outside. Remember to bring a hat, sunscreen, and bottled water if you plan on touring the outside area!

Thursday July 14th

8:30am to 3:30pm

Cost of gas is \$6

\$1 Daily fee applies

Cost of lunch is on your own at a place to be determined



July 21st—AARP Safe Driving

Lincoln Pettaway, an AARP volunteer, will be conducting a safe driving class on Thursday, July 21st 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



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!

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!

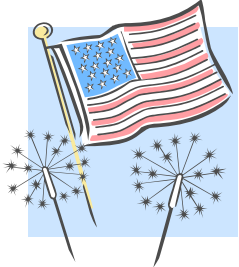
Morning Walking

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!



Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30am Exercise Class (50+ Exercise Room) 10:45am Tap Dancing
4 HOLIDAY NAM CLOSED	5 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 10am Grocery bus to Wal-Mart 11am French Class 1pm Canasta (Card Room)	6 8:15am Morning Walking 10am Bingo 10am Line Dancing 11:30am Patriotic Sing-A-Long (Exercise Room) 1pm Ballet Dancing	7 8:15am Morning Walking 10am Helping Hands II (Dresses and Dolls) 1pm Advanced Line Dancing	8 9:30am Exercise Class 10:45am Tap Dancing
11 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia	12 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 10am Grocery bus to Wal-mart 11am French Class 1pm Canasta	13 8:15am Morning Walking 10am Bingo 10am Line Dancing 1pm Ballet Dancing	14 8:30am Trip to Sea Center of Texas (Lake Jackson) 10am Helping Hands II	15 9:30am Exercise Class 10:45am Tap Dancing
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