

Joy Journal



Northwest Assistance Ministries

Vol. 15, Issue 10

Let us Entertain you in October!

From Russia with Love...

Flying Balalaika Brothers
Tues., Oct. 11 @ 3pm
The Centrum

Russian caviar meets Texas BBQ! This amazing musical group plays everything from Russian folk tunes, to bluegrass and other styles.

50+ has a limited number of free tickets. Tickets may also be purchased at the door for \$10.



An Afternoon of Drama...

“Dividing the Estate”
By Horton Foote
Sat., Oct. 22 @ 2pm
Alley Theatre
Leave NAM 12:30pm and return 5pm.

This award-winning play depicts one family’s struggle over an estate. The playwright’s daughter, Hallie Foote, portrays one of the characters. Enjoy some comic relief with this witty drama.

\$30 covers the ticket, bus and parking.

CWJF Harvest/Halloween Lunch...

Wed., Oct. 26
9:30am Coffee, Treats
10am Entertainment by The Silver Statesmen
11am Lunch
\$1 daily fee applies

Wear your best costume for the contest and join us for a barbershop singing group! Then, enjoy a wonderful lunch. Seating is limited to 100, so sign up today!



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

News you can use!

Grocery Store Bus Service Suspended—Senior Wheels Provides Rides

Regretfully, the bus service from Cornerstone Garden and Northvale to Wal-Mart has been suspended. Anyone in need of a ride to the grocery store may contact Senior Wheels at 281-885-4678.



Just In Time for Flu Season

NAM will offer free flu shots, thanks to Christus Health!

Mon., Oct. 10 from 10-11:30am

Second Floor Conference Room



Spice Up Your Dance Routine!

50+ is proud to offer salsa lessons! Teacher John Michael Carter will show you new techniques. No need to bring a dance partner. Just sign up and pay the \$1 daily fee.

Thu., Oct. 13

12 noon– 1pm



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!



Bingo!

Mondays and Wednesdays

10 a.m. to 11:30 a.m.

\$1 Daily Fee Applies, plus 50 cents per card.

You will love our bingo prizes! The hour and half flies by, too. Come a little early to enjoy coffee and snacks. Our Bingo group is serious about the game...once it starts, all eyes are on the cards!

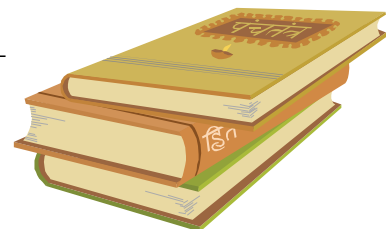
Literature, Etc.

Every Monday in October

10:30 a.m.

\$1 Daily Fee Applies.

Join Mary Helen Chachere as she leads the group through books, current events, and sometime even field trips! There are also wonderful refreshments. Everyone is welcome to participate. This class helps keep the brain active...use it or lose it!



Save the Dates!

Nov. 10 — Driving Safely Class

Dec. 7— Christmas Sing-a-Long

Dec. 14—CWJF Holiday Luncheon with entertainment by the Harbor Lights Choir

Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia</p>	<p>4 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 1pm Canasta (Card Room)</p>	<p>5 8:15am Morning Walking 10am Bingo 10am Line Dancing</p>	<p>6 8:15 am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing</p>	<p>7 9:30am Exercise Class 10:45am Tap Dancing</p>
<p>10 9:30am Exercise Class 10am Bingo 10am Free Flu Shots 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia</p>	<p>11 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 1pm Canasta 3pm Flying Balalaika Brothers at The Centrum</p>	<p>12 8:15am Morning Walking 10am Bingo 10am Line Dancing 1pm Ballet Dancing</p>	<p>13 8:15am Morning Walking 10am Helping Hands II 12 pm Salsa Lessons 1pm Advanced Line Dancing</p>	<p>14 9:30am Exercise Class 10:45am Tap Dancing</p>
<p>17 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia</p>	<p>18 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 1pm Canasta</p>	<p>19 8:15am Morning Walking 10am Bingo 10am Line Dancing 1pm Ballet Dancing</p>	<p>20 8:15am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing</p>	<p>21 9:30am Exercise Class 10:45am Tap Dancing (Sat., Oct. 22...”Dividing the Estate” at the Alley Theatre...leave NAM at 12pm)</p>
<p>24 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia</p>	<p>25 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 1pm Canasta</p>	<p>26 8:15am Morning Walking 9:30am CWJF Luncheon 1pm Ballet Dancing</p>	<p>27 8:15am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing</p>	<p>28 9:30am Exercise Class 10:45am Tap Dancing</p>
<p>31 9:30am Exercise Class 10am Bingo 10:30am Literature Etc. 12pm Bridge 1pm Yoga w/ Cynthia</p>				



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