

# Joy Journal

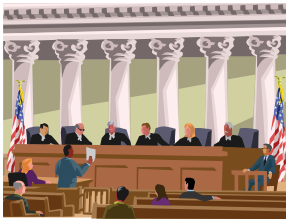


Northwest Assistance Ministries

Vol. 15, Issue 9

## September Events

### Legislative Breakfast



NAM presents its 4th annual Legislative Breakfast with topics to include food insecurity (SNAP benefits), Medicaid/CHIP, and violence against children. State and local legislators will be there addressing these issues.

Thursday, September 8th

7:30-9:30am

Reservations are required as space is limited! Please call Lauren Frazier at 281-885-4582 to make reservations.

### Bring the chips, we have the salsa!

Every 2nd Tuesday  
of the month  
12 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's beat the heat and move those feet!

### REMINDER

NAM will be closed  
Monday, September 5th for Labor  
Day!

### 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 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. Cost is \$14 for non AARP Members and \$12 for AARP Members with their card. Fees made payable to AARP.

### Fifty Plus Center

A NAM Program  
15555 Kuykendahl  
Houston, TX 77090  
281-885-4600

[www.namonline.org](http://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

### **“La Traviata” at the Centrum**

See and hear this famous opera by Giuseppe Verdi based on the play “La Dame Aux Camelias,” meaning “the fallen woman.” The performers include Stephanie Northcutt, Kerry Gotschal, Charles Stanton, with Clara Lewis as the narrator and Dr. Roger Keele as the accompanist. NAM was given a limited number of free tickets, so get yours now! Tickets may be purchased for \$10 if you are unable to secure a free ticket.

Tuesday, September 13th

3:00pm

\$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 September at 10:00am and go to Wal-Mart.

Every Tuesday in September

10:00am to 12 noon

\$4 fee applies.



### **Another Trip to the Movies**

Due to the heat we are staying inside where its cool and going to the movies again! The movie will be selected closer to the date. We will be going to Lowe’s theater again off Old Holzworth. Please sign up at the front desk.

Monday, September 29th, 10:30am-4:15pm

Cost of the movie is on your own.

Lunch on your own at Furr’s Cafeteria.

\$3 for daily fee and gasoline.



### **French Classes**

Jean Teyssot is 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 a trip to anywhere French is spoken, this class is a must!

## 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.

Instructor Linda Shook 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

<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 1pm Ballet Dancing</p>	<p>6 8:15 am Morning Walking 10am Helping Hands II 12pm Salsa Lessons (Exercise Room) 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 12pm Salsa Lessons 1pm Advanced Line Dancing</p>	<p>21 9:30am Exercise Class 10:45am Tap Dancing  <b>(Sat., Oct. 22...”Dividing the Estate” at the Alley Theatre...leave NAM at 12pm)</b></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 9am CWJF Luncheon 10am Bingo 10am Line Dancing 1pm Ballet Dancing</p>	<p>27 8:15am Morning Walking 10am Helping Hands II 12pm Salsa Lessons 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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