

Joy Journal



Northwest Assistance Ministries

Vol. 15, Issue 12

December Events



Christmas Carol Sing-A-Long with Celeste Booker

Join us for some was-sail or coffee and an old fashioned sing-a-long! We have a pianist this year and everyone is invited! We are going to have a great time.

Wednesday, December 7th at 11:30a.m.
\$ 1 Daily fee applies

Cantare Christmas at The Centrum

This is a sampler of great Christmas choral music led by Artistic Director Kevin Riehle.

Tuesday, December 6th at 3p.m.

Limited free tickets or \$10 at the door for seniors.

CWJF Christmas Luncheon

Wear your holiday clothes and help us celebrate with the Cypress Woodlands Junior Forum. You know these ladies always put on a great luncheon! The Harbor Lights Choir will be there and are always uplifting and fun!

Wednesday, December 14th

9:30a.m. Coffee, juice and munchies served

10:00a.m. Entertainment by the

Salvation Army Harbor Light Choir

11a.m. Lunch is served

\$1 Daily Fee applies



NAM

Holiday Schedule

NAM will be closed from Friday, December 23rd to Monday, December 26th and will re-open at 8a.m. on Tuesday, December 27th.

We will also be closed Monday, January 2nd and will re-open at 8a.m. on Tuesday January 3rd.

Important

Announcement

Effective December 2011 all off site trip expenses (ticket purchases) will be paid in advance by participants and will be non-refundable. If the trip is cancelled, only the gas fee will be refunded.

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

50+ Weekly Activities

Mondays

9:30 am : Low Impact Aerobics. Follow Alyce Arbing as she leads the group through a walking warm-up and then a “sit and be fit” upper body routine. \$1 daily fee applies.

10– 11:30 am : Bingo. You will love our bingo prizes! Come early to enjoy coffee and snacks. Our bingo players are serious, so once the game starts, all eyes had better stay on the cards! \$1 daily fee plus 50 cents per card.

Literature Etc. will not meet for the month of December. Meetings will resume Monday January 9, 2012. \$1 daily fee applies.

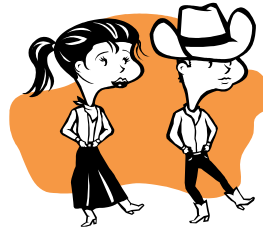
Tuesdays

12 noon-1pm : Salsa Lessons. Join professional dancer Michael Carter on the second Tuesday of the month as he shows you the latest salsa techniques! There is no need to bring a partner...just your dancing shoes and a sense of fun! \$1 daily fee applies.

Wednesdays

10am : Intermediate Line Dancing. Pat Monachino leads the group through the basic steps that make you into a true line dancer! This is great exercise for body and mind, and a chance to make new friends. \$1 daily fee applies.

10– 11:30 am : Bingo



Thursdays

9:30-10:30am : Low Impact and Resistance Training Exercise Class. Steven Lott leads this new class that adds another day of fitness to your week. Steven is a personal trainer, but will go easy on you! \$1 daily fee applies.

Fridays

9:30 am : Low Impact Aerobics

10:45 am : Tap Dancing



Other News

Shen Yun Chinese Dance

The Shen Yun Performing Arts group, the world's leading classical Chinese dance company, will be performing at Houston's Jones Hall from Dec. 21-27. The Shen Yun show combines classical dance, acrobatics, beautiful scenes, and moral lessons. If you give the code SY02 when you buy your tickets, NAM will receive 10% of proceeds! To order, call 1800-380-8165 or go to www.HouShow.com.



Leave a Legacy



Do you feel that NAM provides beneficial services? Would you like to help ensure that those services are here for generations to come? If so, please consider leaving NAM a gift in your will. Or, if you have already named NAM in your will, let us know! For information, contact Maria Magee at 281-885-4605 or at mmagee@namonline.org.

Save the Dates!

Jan. 23, 2012 : Floral Arranging Class by the Society for the Advancement of Floral Design/
Led by Olga Lea.

Dec. 20th: Trip to Lowe's Theater and lunch at Furr's Cafeteria. The daily fee will be \$3 for gasoline. Cost of lunch and the movie will be on your own.

Jan. 26th: AARP Safe Driving class from 11a.m.– 4p.m.





Monday

Tuesday

Wednesday

Thursday

Friday

			<p>1 8:15 am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing</p>	<p>2 9:30am Exercise Class 10:45am Tap Dancing</p>
<p>5 9:30am Exercise Class 10am Bingo 12pm Bridge 1pm Yoga w/ Cynthia</p>	<p>6 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 12 noon Salsa 1pm Canasta 3pm Cantare Christmas at The Centrum</p>	<p>7 8:15am Morning Walking 10am Bingo 10am Line Dancing 11:30 Christmas Sing-A-Long with Celeste 1pm Ballet Dancing</p>	<p>8 8:15am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing</p>	<p>9 9:30am Exercise Class 10:45am Tap Dancing</p>
<p>12 9:30am Exercise Class 10am Bingo 12pm Bridge 1pm Yoga w/ Cynthia</p>	<p>13 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 1pm Canasta</p>	<p>14 8:15am Morning Walking 9:30am CWJF Christmas Luncheon 1pm Ballet Dancing</p>	<p>15 8:15am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing</p>	<p>16 9:30am Exercise Class 10:45am Tap Dancing</p>
<p>19 9:30am Exercise Class 10am Bingo 12pm Bridge 1pm Yoga w/ Cynthia</p>	<p>20 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 10:45 Trip to Lowe's Theater 11am French Class 1pm Canasta</p>	<p>21 8:15am Morning Walking 10am Bingo 10am Line Dancing 1pm Ballet Dancing</p>	<p>22 8:15am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing</p>	<p>23 NAM CLOSED</p>
<p>26 NAM CLOSED</p>	<p>27 8:15am Morning Walking 10am Helping Hands 10am Ballroom Dance 11am French Class 1pm Canasta</p>	<p>28 8:15am Morning Walking 10am Bingo 10am Line Dancing 1pm Ballet Dancing</p>	<p>29 8:15am Morning Walking 10am Helping Hands II 1pm Advanced Line Dancing</p>	<p>30 9:30am Exercise Class 10:45am Tap Dancing</p>



**D
E
C
E
M
B
E
R**

**2
0
1
1**

