

# JOY JOURNAL

## Fall Yoga Classes

# GO YOGA

Bring a mat, a towel and a container of water (with a lid!) and join

Sonya Nelson in yoga classes this fall at the Fifty Plus Center. Sonya teaches Forrest yoga, a style created by Ana Forrest that is designed to heal the unique physical structure problems caused by living in the twenty-first century.

Who among us hasn't experienced pain or discomfort from daily tasks, such as tucking the phone between our ear and shoulder while madly

## Upcoming Events

The Cypress Woodlands Junior Forum will host a Halloween party on Wednesday, October 28, 2009. Dress for the occasion, as prizes will be awarded in several categories for the best costume.

scribbling a message? For those who use a computer for hours on end, how many end up in a slouched position? Such postures are not good for our spines.

The Forrest method challenges us to diminish aches and pains by the slow repetition of poses that increase upper body strength and improve flexibility. Sonya states that, if one warms up the spine and then the core of

the body, one can attain almost any position without injury to the back.

Classes will be held at 3:30 p.m. September 2, 9, 23 and 30; October 14, 21, 28; and November 4, 11, 18. December class dates are to be determined.

This class is open to NAM employees. The \$1 daily fee applies.

The  
**BIG**  
Event  
See Page 2



NAM Closed  
for  
Labor Day  
Holiday

FIFTY PLUS  
CENTER  
is a program of

NORTHWEST  
ASSISTANCE  
MINISTRIES  
15555 Kuykendahl Road  
Houston, TX 77090

281-885-4600  
[www.namonline.org](http://www.namonline.org)

Daily Activities Offered  
Open: 8 a.m. to 5 p.m.

Center Fee: \$1 per visit  
or \$10 per month  
\$25 Lifetime Membership

**Grace Jackson**  
Senior Program Services Director

**June McFadden**  
Senior Center Director  
281-885-4601

**Carole Little**  
NAM President & CEO  
281-885-4577

**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  
Becky Landes

See the Joy Journal online at  
[www.namonline.org](http://www.namonline.org).

# Bus Trip

AFTERNOON  
DESSERT  
THEATRE  
WITH  
SKITS BY  
RADIO MUSIC  
THEATRE

## THE BIG EVENT



Houston's Best Live Comedy

Are you ready for “thrown rolls” and fried green tomatoes? How about an afternoon of uproarious laughter?

Join us on Tuesday, September 22, as we enjoy lunch at the Potatoe Patch, and then travel to the Humble Civic Center for the Afternoon Dessert Theatre.

The theatre performance features Radio Mu-

sic Theatre’s traveling show of short sketches, music and nonstop comedy—much of which has a distinct local flavor.

The bus will depart from NAM at 11 a.m. Lunch cost is the responsibility of the participants.

The performance begins at 1:30 p.m. Tickets are sold on a first-come-first-served basis. We

plan to arrive early enough to purchase tickets and be seated all together. Ticket price is \$7.

Payment of \$3 reserves a seat on the bus; however, bus seating is limited to 12. Therefore, please contact the Fifty Plus Center if you would like to make carpool arrangements.

### EVER WONDER WHAT IT TAKES TO RUN 50+?

We have a great center here, but have you ever considered what goes on behind the scenes? In August: • Volunteers clocked 831.75 hours • We drank about 30 pots of coffee. • Senior Wheels provided 16 rides to doctors, banks, hairdressers, etc. • Our bus provided rides to about 80 seniors • Cypress-Woodlands Junior Forum performed for 50+ during a luncheon • NAM hosted a Legislative Breakfast at 50+. Wow! We are busier than we look!

For the northern hemisphere, as in the United States, Canada and most of Europe, fall begins on September 22, 2009, at 6:18 p.m. CST.

### Try It! You’ll Like Dart Baseball!

Everyone agrees that dart baseball is a fun game! No special skills are needed, and all equipment is provided.

If you like baseball, this game is for you. If you like darts, this game is for you. If you just like

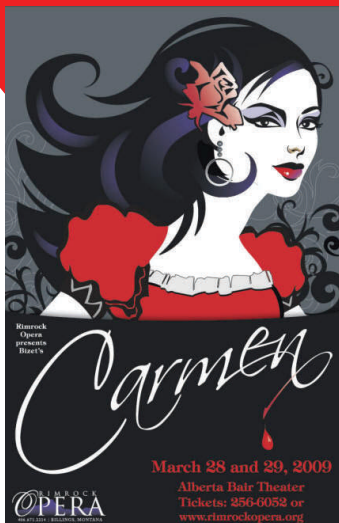
good company, this game is for you.

Plan to set aside some time on Tuesdays at 1:30 p.m. and join us in the Exercise Room for some great fun.

The \$1 daily fee applies.

**SAVE 10%  
at NAM’s  
Resale Shops**

Every Tuesday, shoppers 55 and over can save 10% on their entire purchase at NAM’s 3 Resale Shops.



No need to travel to Paris to see the breathtaking tale of Georges

## Don's and Divas

Bizet's "Carmen," a four-act French opera that ultimately gained worldwide popularity.

Carmen is a beautiful gypsy with a fiery temper who is unafraid to pursue her heart's desires, regardless of the consequences. The

handsome soldier, Don José, and the great bull-fighter, Escamillo, vie for her affection; but neither suitor can tame such a willful woman.

This cultural event will be held at The Centrum at Cypress Creek Christian Community

Center on Tuesday, September 15, at 3 p.m.

Fifty Plus expects to receive a limited number of free tickets. Please check at the Fifty Plus reception desk for ticket information.

### French Class on Hiatus

French classes will not be held this month as instructor Jean Teyssot travels to his native France. Jean will have new folk dances and many other exciting things to share when the classes resume in October.

### FIFTY PLUS FAMILIES FACE SADNESS

Our thoughts and prayers go out to the family of Florence Franklin, who passed away on August 17, 2009. Florence died from a recurrent cancer. She played Bingo with our Monday and

Wednesday group and will be sorely missed. Florence had the sweetest of spirits.

Our thoughts and prayers also go out to John Shipp for a speedy recovery.

John has been ill for quite some time, and we have missed him. See June McFadden if you would like to send a get well card to John.

### Lunch and Learn: Financial Planning and Charitable Gifts

Have you been meaning to take another look at your financial planning goals?

Members are invited to enjoy a pleasant lunch of sandwiches, chips and fruit as they listen to Rick Trenholme of Principal Financial Group discuss ways to make charitable gifts through wills, retirement assets or life insurance policies and leave a legacy to one's church, alma

mater or favorite charity. Charitable donations may reduce taxable income and lower one's tax bill.

This is an educational program only. No products will be sold, nor will any donation requests be made.

The luncheon will be held on Monday, September 14, at 12

noon, and cost is \$6. We hope to see you there.




"You have to think long-term. You can't afford to be old yet."

Leave a Lasting Legacy! Consider making a gift to NAM in your will.

For more information, call 281-885-4605

# SEPTEMBER 2009 FIFTY PLUS ACTIVITIES

Mon	Tue	Wed	Thu	Fri
<p><b>1</b></p> 	<p><b>1</b></p> <p>10:00 Helping Hands 10:00 Ballroom Dancing 12:00 Mahjong 1:30 Dart Baseball</p>	<p><b>2</b></p> <p>10:00 Bingo 11:00 Inter. Line Dance 3:30 Yoga w/Sonya</p>	<p><b>3</b></p> <p>10:00 Tap Class 1:30 Line Dancing w/John</p>	<p><b>4</b></p> <p>9:30 Fitness</p>
<p><b>7</b></p> <p>LABOR DAY HOLIDAY NAM CLOSED</p>	<p><b>8</b></p> <p>10:00 Helping Hands 10:00 Ballroom Dancing (Swing) 12:00 Mahjong 1:30 Dart Baseball</p>	<p><b>9</b></p> <p>10:00 Bingo 11:00 Inter. Line Dance 3:30 Yoga w/Sonya</p>	<p><b>10</b></p> <p>10:00 Tap Class 1:30 Line Dancing w/John</p>	<p><b>11</b></p> <p>9:30 Fitness</p>
<p><b>14</b></p> <p>9:30 Fitness 10:00 Bingo 10:30 Literature, Etc. 10:45 C&amp;W Dancing 12:00 Dupl. Bridge 12:00 Lunch &amp; Learn</p>	<p><b>15</b></p> <p>10:00 Helping Hands 10:00 Ballroom Dancing (Rumba) 12:00 Mahjong 1:30 Dart Baseball 3:00 Centrum/Carmen</p>	<p><b>16</b></p> <p>10:00 Bingo 11:00 Inter. Line Dance</p>	<p><b>17</b></p> <p>10:00 Tap Class 1:30 Line Dancing w/John</p>	<p><b>18</b></p> <p>9:30 Fitness</p>
<p><b>21</b></p> <p>9:30 Fitness 10:00 Bingo 10:30 Literature, Etc. 10:45 C&amp;W Dancing 12:00 Dupl. Bridge</p>	<p><b>22</b></p> <p>10:00 Helping Hands 10:00 Ballroom Dancing (Merengue) 11:00 Afternoon Dessert Theatre 1:30 Dart Baseball</p>	<p><b>23</b></p> <p>10:00 Bingo 11:00 Inter. Line Dance 3:30 Yoga w/Sonya</p>	<p><b>24</b></p> <p>10:00 Tap Class 1:30 Line Dancing w/John</p>	<p><b>25</b></p> <p>9:30 Fitness</p>
<p><b>28</b></p> <p>9:30 Fitness 10:00 Bingo 10:30 Literature, Etc. 10:45 C&amp;W Dancing 12:00 Dupl. Bridge</p>	<p><b>29</b></p> <p>10:00 Helping Hands 10:00 Ballroom Dancing (Open) 12:00 Mahjong 1:30 Dart Baseball</p>	<p><b>30</b></p> <p>10:00 Bingo 11:00 Inter. Line Dance 3:30 Yoga w/Sonya</p>	<p><b>1</b></p> <p>10:00 Tap Class 1:30 Line Dancing w/John</p>	<p><b>2</b></p> <p>9:30 Fitness</p>