

Joy Journal

Northwest Assistance Ministries

Vol. 14, Issue 7

Join Us For Ballet Classes!

Cynthia Barham is now teaching ballet classes to Fifty Plus members. July classes start on Wednesday July 7th. Cynthia has many years of experience as a ballet teacher and is excited to teach our Fifty Plus members. This form of ballet consists of stretches and dance steps to music. There will be no leaping or toe work due to the fact

that NAM has rigid floors and we don't want to expose anyone to injury. Cynthia will, however, teach dance steps that move across the floor. This is a great way to experience the many joys of ballet without having to spend a lot of money! There is an interest sheet at the front desk and Cynthia will call you to discuss what shoes

Relax with Yoga!

As many of you know, Cynthia joined us a few months ago teaching Yoga. Due to time constraints, she will be teaching on Mon. only. Cynthia has a background in a number of physical arts including Hatha

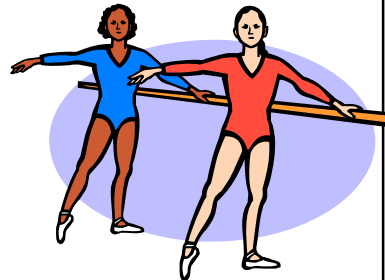
Yoga and ballet. She suggests you bring a bolster pillow or towel you can roll for the class. Be sure to bring your mat or another towel and wear comfortable shoes. Cynthia will modify the program for those

are needed.

Class will be held every Wed. at 1 p.m.

\$1 Daily Fee Applies

Class open to anyone over the age of 21.



who need it.

Every Mon. at 1pm (Please note the time change)

\$1 daily fee applies

Class open to NAM employees, too!

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 Lifetime Member

Grace Jackson

Senior Services Director

June McFadden

50+ Coordinator

Carole Little

NAM President & CEO

50+ 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

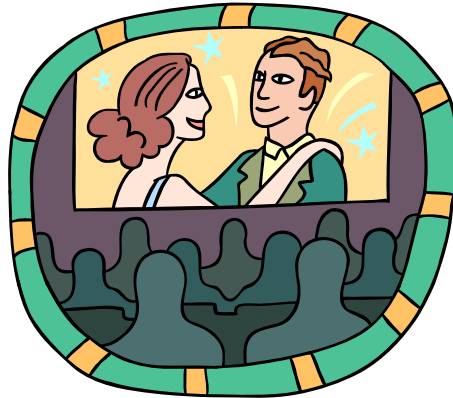
Rebecca Landes

Let's Go to the Movies

Join us for a trip to the movies on Tuesday July 15th! The movie choice will be decided soon.

We will aim for an 11:00am movie and will be leaving NAM at 10:30am.

Lunch will be on your own at the Macaroni Grill.



Be sure to sign up early as there are only 14 seats on the bus!

Cost of the bus is \$3

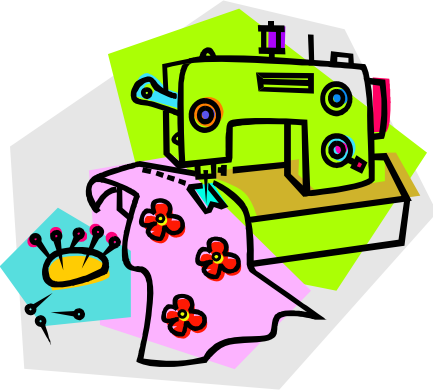
Cost of the movie ticket is \$7

\$1 Daily Fee Applies

Help Out With Helping Hands

Helping hands is a group of volunteers who make crafts that sell in NAM's resale shops. All proceeds go directly to Fifty Plus. If you are crafty, we would love to have you! Bring your lunch and a sense of humor!

Helping Hands meets
Tuesdays from 10am-2pm.

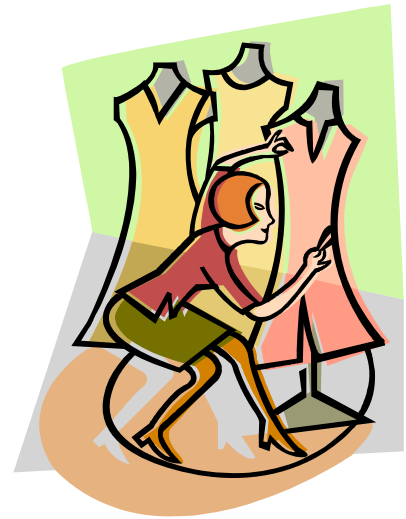


Dress A Girl is an ongoing project started by the Helping Hands group. We are still looking for new volunteers to help with this project!

The project benefits a Christian non-profit group called Hope 4 Women International in helping to make girls' dresses from pillowcases. Since October 2009, the group has distributed dresses to the U.S., Honduras, Congo and Uganda. The next group of dresses is going to the Appalachian area here in the U.S.

If you are unable to sew but would like to make a contribution, elastic and packages of double fold bias tape are needed.

Dress A Girl meets every Thursday from 10am-2pm. Bring your lunch and portable sewing machine if possible!



Upcoming Events

Patriotic Sing-A-Long



Join us for a belated Independence Day celebration as we pay tribute to America with a patriotic sing-a-long!

Wednesday July 7th
at 11:30 am

\$1 Daily Fee Applies

RAD—

Self Defense For Women

This is a “don’t miss” self defense class for women. Learn necessary moves to defend yourself from an attacker!

This class is free and sponsored by the Harris County Sheriff’s Department.

1st and 2nd week of
November

CWJF Luncheon

The start of the new season is about to begin! Sign up sheet will be on the front desk.

Wednesday August 25th
Coffee & Munchies start at
9:30am

Entertainment begins at
10am

Lunch is served at 11am
Sign up soon we can only seat
100 people!

\$1 Daily Fee Applies

Free Blood Pressure Screenings

Bravo Health will be here to do free blood pressure screenings on Monday July 21st from 9am-10am

Wills & Probate Informational Discussion



Have you ever thought about what your wishes concerning the last stages of your life will be? Do you want to be on life support if needed? How about your finances when you are no longer able to make these decisions for yourself? If you can’t answer these questions, there is a good chance your families can’t either. Join us for an informational session with Rachel Hopson from the law office of Rachel Hershkowitz Hopson as she discusses Medical and Financial Powers of Attorney and Living Wills.

Wednesday July 21st

11:30am-12:30pm

Light refreshments provided

\$1 Daily Fee Applies

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10am Tap Dancing (50+ Exercise Room) 10am Dress A Girl 1pm Advanced Line Dancing (50+ Exercise Room)	2 9:30am Exercise Class (50+ Exercise Room)
5 NAM CLOSED	6 10am Helping Hands 10am Ballroom Dance 12 noon Mah Jong 1:30pm Canasta	7 10am Bingo 10am Line Dancing 1pm Ballet Dancing	8 10am Tap Dancing 10am Dress A Girl 1pm Advanced Line Dancing	9 9:30am Exercise Class
12 9:30am Exercise Class 10am Bingo 10am C&W Dance 12pm Bridge 1pm Yoga w/ Cynthia	13 10am Helping Hands 10am Ballroom Dance 12 noon Mah Jong 1:30pm Canasta	14 10am Bingo 10am Line Dancing 1pm Ballet Dancing	15 10am Tap Dancing 10am Dress A Girl 10:30am Trip to the movies 1pm Advanced Line Dancing	16 9:30am Exercise Class
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