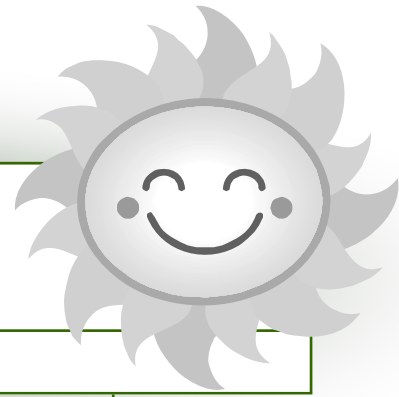


Joy Journal



Northwest Assistance Ministries

Vol. 14, Issue 6

Fifty Plus Now Offers Ballet Classes!



Starting on Wed., June 9th, Cynthia Barham will be teaching ballet classes to Fifty Plus members. Cynthia has many years of experience as a ballet

Join Us For 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

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 ex-

perience 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 are needed. Class will be held every Wed. at 1 p.m.

perience 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 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

“Return To Gilligan’s Island”

Join us on Tues., June 15th for a trip to Humble to see “Return to Gilligan’s Island” with music by The River Road Boys at the Humble Civic Center! The bus will leave NAM at 10:30 a.m. and will return at 4:40 p.m. Our first stop will be lunch at Italiano’s in Humble around 11:15 a.m; then we will head to the show at 12:15 p.m.

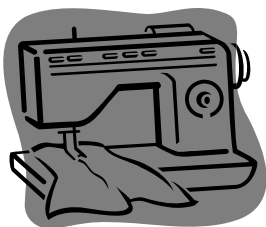


The cost of the bus will be \$3 and tickets for the show are \$7 each and must be ordered in advance, so sign up early! Prizes will be awarded for the best “Gilligan’s Island” costume. Our bus is limited to 14 people, so if more than that want to go we will arrange a car pool.

Helping Hands Needs Your Help!

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.



The Helping Hands group also has a new, ongoing special project called *Dress A Girl*. 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

AARP Safe Driving

Completion of this course will earn you a 10% discount on your auto insurance! Instructor Lincoln Pettaway will help keep things lively. Be sure to bring your AARP card to get the discount rate for this course. The cost is \$12 by check made payable to AARP for members and \$14 for non-members.

Thursday June 17th

11a.m-4pm in the Pool Room

\$1 Daily fee applies

Bring your lunch and a drink!

The Statesmen Chorus



The Statesmen Chorus
presents

“America From Sea To
Shining Sea”

Saturday July 10, 2010

Creighton Theater
Conroe, TX

RAD—

Self Defense For Women

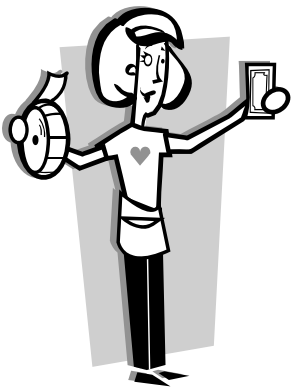
This is a “don’t miss” self defense class for women. Learn necessary moves to defend yourself from an attacker! This class is free and sponsored by the Harris County Sheriff’s Department.

1st and 2nd week of
November

Sign up early at the front desk and leave your name and telephone number!

Raffle Tickets on Sale!

NAM is selling raffle tickets for 100,000 Marriott Rewards Points. The points may be redeemed for 2-5 nights at participating Marriotts, depending on the level and location of hotel chosen. This includes all U.S. hotels, with Alaska and Hawaii. Select hotels in Europe may also be chosen. Tickets are \$20 each or 6 for \$100. See Tanecia in NAM’s Development Department to buy tickets. She is on the 2nd floor, down the hall from Fifty Plus.



Leave a Lasting Legacy!

Consider leaving a gift to NAM in your will...
so that we can serve generations to come!

For info, see Maria in NAM’s Development Department
or call 281-885-4605.

Northwest Assistance Ministries

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
Email: xyz@microsoft.com

We're on the Web!
example.microsoft.com

Your business tag line here.



This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Inside Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a list-



ing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10am Helping Hands 10am Ballroom Dance (Exercise) 12pm Mah Jong 1:30pm Canasta	2 10am Bingo (50+ Dining Room) 10am Line Dancing (50+ Exercise Room)	3 10am Tap Dancing (50+ Exercise Room) 1pm Advanced Line Dancing (50+ Exercise Room)	4 9:30am Exercise Class (50+ Exercise Room)
7 9:30am Exercise Class 10am Bingo (50+ Dining) 10:30am C&W Dance 12 pm Bridge (50+ Card Room) 1pm Yoga w/ Cynthia (50+ Exercise Room)	8 10am Helping Hands 10am Ballroom Dance 12 noon Mah Jong 1:30pm Canasta	9 10am Bingo 10am Line Dancing 1pm Ballet Dancing	10 10am Tap Dancing 1pm Advanced Line Dancing	11 9:30am Exercise Class
14 9:30am Exercise Class 10am Bingo 10am C&W Dance 12pm Bridge 1pm Yoga w/ Cynthia	15 10am Helping Hands 10am Ballroom Dance 10:30am Trip to Civic Center 12 noon Mah Jong 1:30pm Canasta	16 10am Bingo 10am Line Dancing 1pm Ballet Dancing	17 10am Tap Dancing 10am Dress A Girl 11am AARP Safe Driving (Pool Room) 1pm Advanced Line Dancing	18 9:30am Exercise Class
21 9:30am Exercise Class 10am Bingo 10:30am C&W Dance 12 pm Bridge 1pm Yoga w/ Cynthia	22 10am Helping Hands 10am Ballroom Dance 12 noon Mah Jong 1:30pm Canasta	23 10am Bingo 10am Line Dancing 1pm Ballet Dancing	24 10am Tap Dancing 10am Dress A Girl 1pm Advanced Line Dancing	25 9:30am Exercise Class
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