

CROSS TIMBERS
FAMILY YMCA

2021
CROSS
TIMBERS

FLOWER
MOUND,
TX

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YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.



SEPTEMBER 2010

Calendar of Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|---|-----------------------------|----------|
| | | | 1 Pickleball | 2 | 3 Swap Meet | 4 |
| 5 | 6 No Classes | 7 Bible Study <i>German</i> | 8 Pickleball Birthday Lunch | 9 Needle-works 1st Line Therapy | 10 Bowling Starts | 11 |
| 12 | 13 YActive <i>Prime</i> <i>Dimers</i> Bridge | 14 Bible Study Cowboy Stadium German Kickers | 15 Pickleball | 16 Needle-works | 17 Bowling | 18 |
| 19 | 20 GAME DAY | 21 Bible Study <i>German</i> | 22 Pickleball Keeping Seniors on their Feet | 23 Needle-works | 24 Bowling | 25 |
| 26 | 27 Movie | 28 Bible Study <i>German</i> | 29 Pickleball Picnic in the Park | 30 Pool Closes | | |

Birthdays

09-05 Michael Allbritton
09-10 Bev Lane
09-16 Jean LaRocca
09-23 Datha Durham
09-23 Vi Taylor
09-27 Shelly Brennan

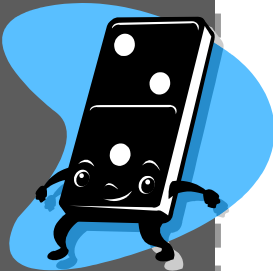
09-29 Howard Brooks
09-29 Paul Martinez
09-30 Al Smith



Sign up for Birthday
Lunch In AOA Book

Sign cards in
AOA Room

Dates to Remember...Fall Prevention Week 9/20-24



Birthday
lunch
September
XXXXXXXXXX
XXXXXX

Movie Day
September
27th
"Crazy
Heart"
12:30

1st...8th...15...22...29... Pickleball Pickleball is a cross between tennis and badminton played with an over-sized paddle. Try it out in the gym at 9:30.

3rd...Swap Meet Bring something you no longer want (but someone else might like to own) to the lobby. If you see something you like, take it! Leftovers will be donated to charity.

6th...No Classes today in celebration of Labor Day. The Y will be open 8-3.

7th..14th..21st..28th... Bible Study meets at 10:00 in the AOA Room.

7th...14th...21st...27th... German Classes at 1:00 in the AOA Room. New members always welcome!

8th...Birthday Lunch this month Ellie's in Parker Square. Meet there at 12:15. Sign up in the AOA book by Monday the 6th.

9th...23rd..Needleworks Meet at the Lewisville Senior Center at 11:00.. Bring your project and some lunch for a fun morning.

9th...First Line Therapy interest meeting in AOA Room at noon.

10th..17th..24th..Bowling Be sure to register at the Welcome Center (cost is \$32 for 8 weeks) then meet at AMF Lanes on Main Street in Lewisville ready to bowl at 1:00.

13th"...one thing" starts!

13th...YActive committee meets to plan upcoming activities in the AOA Room at 10:00. All members, ideas, and opinions are welcome.

13th...Prime Dimers Investment Club meets at 12:30 in the AOA Room. We are recruiting new members so come find out what it's all about!

13th...Bridge meets today in the AOA Room at 12:30. Then come and play again in the Multi-Purpose Room on Game Day, Sept 20th.

14th... Cowboy Stadium trip. Meet at the Y ready to carpool at 8:15.

14th...Kickers perform 3:30 at Flower Mound Assisted Living.

16th...Game Day at 12:30. Cards players meet in AOA Room, Bridge players in Multi-Purpose Room.

22nd...Keeping Seniors on their Feet. A presentation by Candy Wade of Home Helpers at 1:30. She will have a nice snack for you to enjoy. Balance testing afterward by Pinnacle Home Health. Please sign up by 15th.

24th...Kickers perform from 5:30-5:45 at Western Days in Lewisville.

27th...the movie "Crazy Heart" will be shown in the AOA Room at 12:30. This Academy Award winner is a drama starring Jeff Bridges and Maggie Gyllenhaal. "When a reporter interviews a has-been country music legend, they connect. The musician sees a possible saving grace in a life with the reporter and her son. "R"

28th...Pacers quarterly breakfast at LePeeps after class. Plan to carpool.

29th...Picnic in the Park and dessert at Bonnie's. Bring your lunch and meet in the AOA Room at 11:00. We will walk to the part near Forestwood Middle School and eat lunch. Afterward we will continue our walk to Bonnie's for dessert and then walk back to the Y. Please sign up in the AOA Book by the 27th.

A Special Thanks Goes To...

...Judy Dale, Nancy Thorne, Bonnie Smith, Ruth Baker, Florence Kuehn for their creativity in coming up with and implementing the “...one thing” challenge!

...Jean DeFord for the painting supplies and instruction for a fun shirt-painting project!

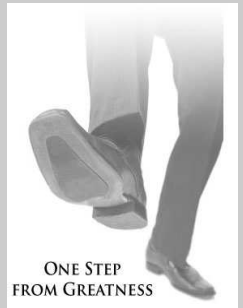
...Nadine McKenzie, Margaret and Tommy Stockard, Mary Ann Chapman for their time and fort

effort researching, preparing and presenting “Before 135”.



Thoughts

Embrace a new change in your life, and identify the ways it could lead to improvement.



When in doubt, just take the next smallest step

Coming up in September and Beyond...

...New **LiveStrong class** begins in September. If you are interested or know someone who is, contact Lynda Smith here at the Y.

...September 20-24 **Fall Prevention Week**. A coalition of community partners have made plans for a full week of activities. Pick up a schedule of events and please welcome the visitors we are hoping to host.

Candy Wade from Home Helpers will present “**Keeping Seniors on their Feet**” at 1:30 on Wednesday the 22nd. At 2:30, Pinnacle Home Health will be here to do balance testing. If you have a condition that affects your balance such as high blood pressure, vision and vestibular problems, or general weakness and orthopedic conditions, this test is for you. There will be two sign

up sheets, one for the presentation and one for the testing.

Friendship Stew Lunch October 20th

“...one thing” debuts Sept 13th. See page 4 for detailed information.

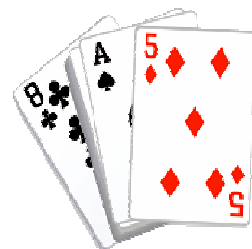
...Health Care Reform Lunch November 1st

Balance in All Things!

Bridge results...

Bridge Day winners: David Valashinas was the big winner with Lydia Thomas as runner up. Game Day Bridge winner was Gloria Sanders with David Valashinas as

runner up. Join them this month on the 1st and 3rd Mondays. Who knows, maybe your name will appear here!





Participant of the Month

Rayer Bemiss

Rayer has been involved at the Y with line dancing, Kickers, yoga, SilverSneakers and Zumba for the past year and a half. Her motivation for involvement stems from the ambition, willingness, and enthusiasm of everyone trying to improve their functioning and health. She also enjoys the new friends she has made. She recalls a fond memory of the warm greeting and friendliness she received when she joined the classes, not only from members, but the instructors too. She adds that they were most encouraging and informative.

It has been five years this month since she moved to Dallas from New Orleans due to hurricane Katrina. She joined her daughter and family, including two grandsons, who had moved here three years before that.

Rayer retired after 37 years of teaching elementary lower grades. She “used to love traveling, games, music and sports but now I’m learning to crochet and play games on the computer.” With all the classes she does each week, she needs those new activities for some balance!

“...one thing”

The other day, the back of my husband’s computer chair broke, so he can no longer sit back in it. Making lemonade out of the situation, he commented that it forces him to have good posture. But what happens when he fixes the chair – will he go back to slouching?

We come to the YMCA to stay active and involved, so it’s not surprising that we are always looking for new ways to do that. It’s harder however, to form lasting habits. The AOA group will help us with that this year through “**...one thing**”, a twice-monthly reminder of ways to develop self-improving behaviors.

The YMCA strives to show us how to build a healthy Spirit, Mind and Body. The “**...one thing**” program will emphasize one of these areas twice each month. If we do these repeatedly then continue to practice them as we start working on the next activity, we can expand our horizons, enriching our lives and helping others throughout the year.

Watch for signs beginning September 13 and start practicing that “**...one thing**”!